

NEWS

Business relocates, adjusts to economy



Sometimes, when times are tough, you just have to be tougher. This seems to be the motto of Dharma Records owners Diane Chamberlain and Allen Bondar, who recently made a big move in order to stay afloat in a struggling music industry. Specifically, they moved their four-in-one music store, recording studio, teaching center and consignment shop from its former location on Michigan Avenue to the I-75 Business Loop across from the Marathon gas station. **9A**

Recycling program receives funding

All municipalities in Crawford County have come through with funds to support county-wide recycling operations. The Grayling City Council, at its regular meeting last week, agreed to contribute \$1,500 toward hiring a part-time employee who will work at Grayling Charter Township's Recycling Center on North Down River Road. **3A**

SPORTS

Chiefs outgun Vikings 71-46 in district semifinal game



The Cheboygan Chiefs – playing in their home gym at Cheboygan High School – outgunned the Grayling Vikings 71-46 in a District 63-B tournament semifinal contest last Wednesday. **1B**

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Thursday, March 19, 2009

Bleak economy catching up with Crawford County property owners

by Dan Sanderson
Staff Writer

Crawford County officials agreed to borrow \$2 million last week to cover the delinquent taxes owned by home and property owners as the nation's ill economy is catching up with them.

The Crawford County Board of Commissioners, at its March 12 ways and means committee meeting, approved a notification to borrow no more than \$2 million to

cover unpaid taxes.

Crawford County Treasurer Joe Wakeley said that a general review of delinquent taxes and parcels in the county revealed that the owners of 3,021 parcels of property have outstanding tax bills. That is 193 parcels, representing \$400,000 owed to county, townships and the City of Grayling, over 2,828 properties that had taxes owed in 2007.

For years, the county has kept a delinquent tax revolving fund. The county borrows funds owed to the

county, city and townships to cover their annual budgets, and doles out the money to each municipality. The bonds are paid off when the property owners pay their tax bills. The county collects an administrative fee and interest on the funds to supplement the treasurer's office and other county expenses.

Wakeley said the county makes several attempts to contact property owners before they risk having their land and homes go into forfeiture proceedings.

"On the ones that are in forfeiture, we're granting hardships and we're pretty liberal about that," Wakeley said. "We're doing anything we can do get them on a payment plan."

The actual amount of taxes currently owed is \$2.1 million. The county only plans to borrow \$2 million when it comes time to issue bonds for the money, since some property owners will pay their taxes in March and April. The county borrowed \$1.6 million to cover unpaid

See **BLEAK** | 8A

CUB SCOUTS RACE TO THE FINISH



Cub Scout Pack #3993 hosted a "pinewood derby" at the AuSable Primary School last weekend, where the kids raced customized wooden cars down a track. The event was sponsored by Glen's Market, Kiwanis Club and the Grayling Rotary Club. Pictured (from left to right) are Joshua Schmidt, Noah Shambarger and Teemu Garrity, who placed in the "bear" division. The overall event winner was Eric Smith, whose car blasted down the track in 3.0255 seconds in the final round. "It was a great event. We had a fantastic turnout," said Cubmaster Toby Shambarger.

Hanson Hills reports landmark season

by Matt Seager
Staff Writer

After a long winter loaded with bad news from tourism driven businesses throughout the county, there was at least one exception to all the doom and gloom. Grayling Recreation Authority (GRA) Director Justin Andre reports that Hanson Hills just finished a landmark winter season.

The park officially closed all downhill operations for the season two weeks ago.

"This has definitely been the busiest year since I've been here in the last six years," Andre said.

Andre believes that the park's heavy radio advertising played an important role in creating public awareness.

"We really pushed the dollar night," he said.

During a ski season when many vacationers did not have a surplus of cash, it is likely that Hanson Hills was an appealing alternative to more expensive resorts.

"I think we might have attracted more of the families that might have gone to Boyne or Treetops," Andre said.

See **HANSON HILLS** | 2A

Online tribute to Fred Bear, Bear Archery recounts warm memories

by Dan Sanderson
Staff Writer

A three-part series paying tribute to Fred Bear and Bear Archery, featuring Crawford County residents who worked at the archery plant, was recently unveiled on a bow hunting web site.

The online videos, produced by Earl Gossett of Traditional Bowhunters Journal, were filmed on the banks of the Headwaters of the AuSable River behind Fred Bear's former home last June.

Bear Archery employees Vivian Campbell, Lloyd Crawford, Gary Worden, Marie Hatfield and Norm Groner are featured in the three videos.

The interviews were facilitated by Pete Kocefas, the owner of Sledheads of Frederic, who has an extensive collection of Fred Bear and Bear Archery memorabilia.

"Everybody took turns telling their stories," Kocefas said. "They just talked about their memories working there and it's something of interest for the old-timers."

The interviews were

filmed by a campfire. Gosset, who received his first "Little Bear" bow at age 12, cites Fred Bear as a hero and grew up watching him on "The American Sportsman Show."

Gossett was thrilled to come to Grayling to hear the stories and memories from the golden days of Bear Archery.

"You get to see the love they had for Fred Bear and the love they had for Bear Archery," Gossett said.

Bear moved from Pennsylvania to Detroit in 1923 to take a job at the Packard Motor Car Company. Four years later, he saw Art Young's film "Alaskan Adventurers," which lit his lifelong interest in archery. That same year, Bear helped establish the first bow-hunting season in Michigan.

After making bows in the basement of his home for several years, Bear Archery was established in Grayling in 1947.

"Fred Bear was for archery what Henry Ford was for the Ford car," Crawford said. "Archery wouldn't be what it is today without Fred Bear."

Employees recounted Bear as someone who was personable, quick with a joke and would help employees out who were in need.

"If you had a little bit of a problem, he was right there taking care of it," Wordon said. "I don't care if you swept the floor or who you were, he knew everyone by their first name."

The craftsmanship and production of bows increased with hunting adventures Bear took to Africa, India, South America, British Columbia and Alaska. Films included in the Fred Bear Tribute videos, such as "Kodiak Country," are interspersed between the interviews with Bear Archery employees.

Bear was a prolific writer, known for his widely acclaimed book "Fred Bear's Field Notes." His adventures and promotion of archery helped put Grayling on the map, said Marie Hatfield, who was a Bear Archery office employee whose husband, Jim Hatfield, was supervisor at the plant. The Hatfields relocated to

See **ONLINE** | 9A

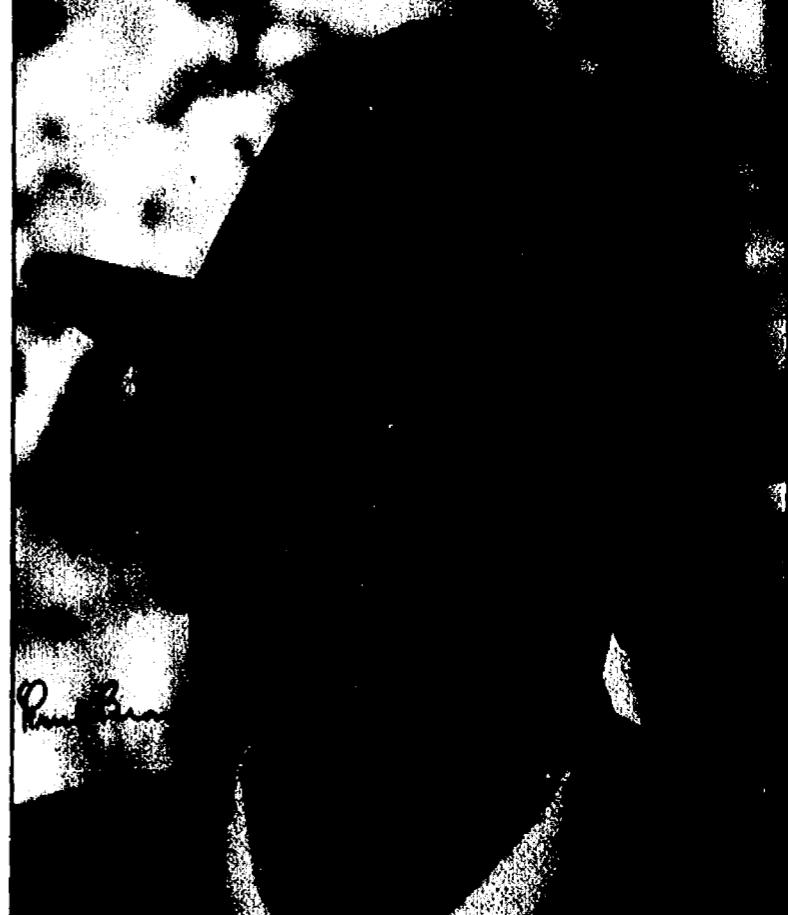


Photo courtesy of Pete Kocefas

A three-part series paying tribute to Fred Bear and Bear Archery, featuring Crawford County residents who worked at the archery plant, was recently unveiled on a bow hunting web site. The online videos, produced by Earl Gossett of Traditional Bowhunters Journal, were filmed on the banks of the Headwaters of the AuSable River behind Fred Bear's former home last June. Above is an autographed photo of Fred Bear.

WELCOME Spring

FIRST DAY OF SPRING

MARCH 20TH

County-wide recycling program receives funding support for labor

by Dan Sanderson
Staff Writer

All municipalities in Crawford County have come through with funds to support county-wide recycling operations.

The Grayling City Council, at its regular meeting last week, agreed to contribute \$1,500 toward hiring a part-time employee who will work at Grayling Charter Township's Recycling Center on North Down River Road.

The last contribution means that the recycling center has \$8,000 to hire a part-time employee that will work at the center up to 20 hours per week. The employee will primarily focus on unloading recycling trailers that are parked in the City of Grayling, Beaver Creek Township, Lovells Township and the Grayling High School. A recycling trailer is provided for Maple Forest Township residents in the summer months.

"It will allow us to hire an employee who will work 20 hours to do nothing but unload recycling trailers so we can keep up with our other work," Grayling Charter Township Supervisor Terry Wright said. "We appreciate the help from everybody."

The decision by the Grayling City Council to budget funds for the recycling program comes after a meeting between Grayling City Manager David Thayer and Crawford County Administrator Paul Compo. Compo developed a funding formula to support the part-time employee's wages based on the population in the city and each township.

In November, the Grayling Township Board

of Trustees said it could no longer subsidize recycling center labor for recycling which occurs in other areas of the county.

Beaver Creek and South Branch Township agreed to pitch in \$1,500 to support county-wide recycling.

Lovells Township, Frederic Township and Maple Forest Township each agreed to pay \$500. The Frederic Township Board agreed to support the program even though township residents utilize the recycling center but do not have a trailer parked in the township due to people who threw trash into the containers and contaminated recyclable materials.

The Crawford County Board of Commissioners pledged \$2,000 to hire another recycling center employee.

Compo said county officials were pleased that everybody is working together to keep waste from heading to the landfill rather than focusing on their own individual efforts.

Compo said that county, city and township officials will monitor the use of the recycling facility throughout the year, and will make determinations on how operations can be improved.

"Everyone agreed that the program was worth saving, and the board and I are happy about that," Compo said. "Everybody has a stake in the game right now."

Thayer emphasized that potential changes at the recycling center, used at other recycling operations, may bring about a scenario where the city and townships can continue to support county-wide recycling.

"Hopefully, we can find a more equitable formula as

we go forward," Thayer said.

Grayling Charter Township oversees the recycling center's operations, but a lion's share of funds to support the program come from Crawford County.

In 1996, Crawford County and City Environmental Services, the former owners of the Waters landfill, settled a lawsuit which was initiated when the waste hauler tried to dispose of trash from a county that was not included in Crawford County's solid waste management plan.

The company agreed to pay Crawford County \$75,000 to \$150,000 a year to create an environmental monitor position, now held by Bruce Patrick, and pay for recycling.

The funds also pay part of the salary for Butch McLeod, the maintenance man for Crawford County. McLeod and Patrick transport the recycling trailers from the city and the townships to the recycling center to be unloaded and sorted.

The funds pay to purchase and maintain the recycling trailers and a truck used to haul the trailers. The funds also pay for the county's annual household hazardous waste collection day and scrap tire clean-up.

The county pays \$8,000 a year for an existing part-time employee at the recycling center.

Periodically, the Crawford County Board of Commissioners has awarded environmental grants to organizations through the townships to help tackle specific environmental issues and concerns in the county.

Three recycling trailers for the City of Grayling, which are used to collect

cardboard from businesses and residents, are located behind the Crawford County Avalanche, Bear's Den Pizzeria and McLean's Ace Hardware.

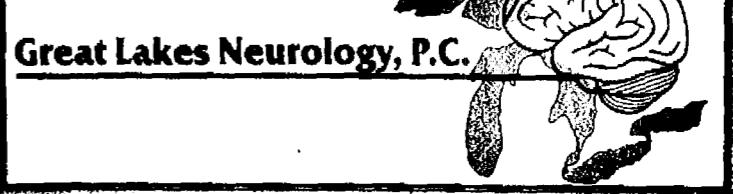
Ernie Dawson, the owner of Flowers by Josie and Thanks-A-Latte, was among a group of downtown business owners that encouraged the city to support recycling to cut their waste disposal costs and be more environmentally friendly.

"It would be a shame to have the county pull the recycling trailers because we're trying to keep our community green," Dawson said. "I'm really pleased that the city has come forward with their funds to make sure the recycling program can work. All communities have to make sure they are recycling for our next generation."

Grayling Mayor Larry Akers emphasized that city officials encourage residents to transport materials to the recycling center and are happy to support the business community.

"We are glad to be on board," Akers said. "It's a good program and we want to see recycling as much as possible within the city."

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Great Lakes Neurology, P.C.
Dr. Steven Huder and Great Lakes Neurology, P.C. are pleased to announce that beginning Wednesday, April 22, 2009, Dr. Huder will be seeing patients on alternate Wednesdays in a Grayling satellite office for performing EMG/NS studies and Epidural injections.

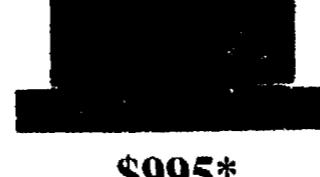
This location will be in the office of Grayling Family Practice Clinic, located at 1010 W. North Down River Road, next to Sorenson-Lockwood Funeral Home. Scheduling for these procedures can be made by a health care provider through our Petoskey office at (231) 487-3970.

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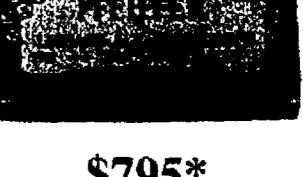
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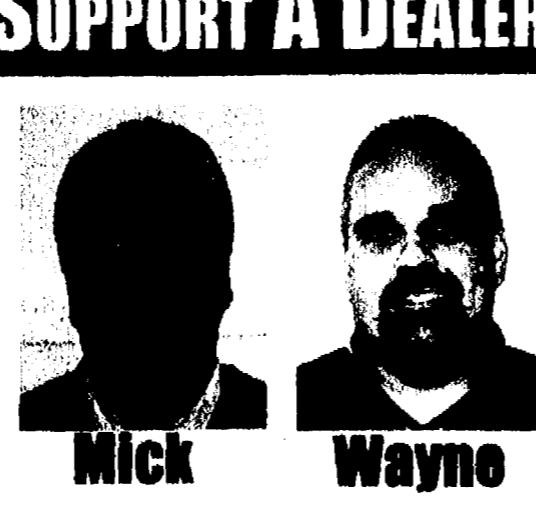


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Online Poll Results

Last week's online poll question and results:

What do you think of the I-75 Business Loop reconstruction project set for this year in Grayling?

Good plan. Will benefit Grayling.
27 votes
21%

Bad plan. Will worsen traffic issues.
102 votes
79%

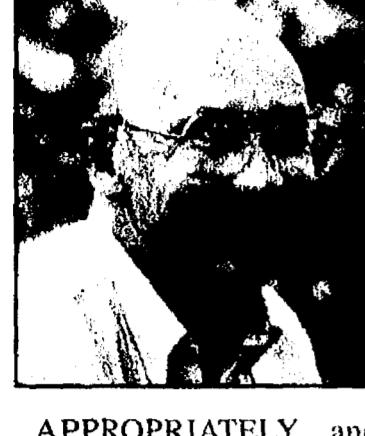
This week's online poll question: Which Big Ten team will have the most success in the NCAA men's basketball tournament?

Issues and Opinions

Almanack

by Richard Milliman

Effective citizenship depends on open government



APPROPRIATELY and perhaps significantly, Sunshine Week 2009 began with warm days and sunny skies this week, regardless of what a certain Pennsylvania groundhog predicted a couple of weeks ago.

Sunshine Week each year is a signal from American newspapers that open government is a vital element of successful democracy, and those who run governments at all levels in the United States must be mindful that they work for the people.

Public records must be available to the public. Without knowledge of what's really going on in governments, citizens are groping in the dark.

Michigan has a pretty good record on open meetings and open records. Some public officials in some places and in some

cases sometimes neglect or forget the basic principle that all public records and public activities must be just that – public.

Michigan law permits any member of the public to request public information from any government or agency, and requires public officials to provide the answers.

In a nutshell, this is the Freedom of Information Act (FOIA), on both the state and federal levels of government. On the federal level, one of the first official acts of newly elected President Barack Obama was an order requiring a "presumption of favor" for federal agencies to approve FOIA requests.

Some public officials in some cases and in some places sometimes still seek to deny access to public information indirectly by stalling or waffling or fixing

heavy dollar costs to the citizen seeking the answers.

This usually means the official doesn't agree with the law, or doesn't think it should apply in a particular instance, or doesn't think it's important enough to comply.

That's why it's important at least once a year during Sunshine Week to remind public officials of their responsibilities, and to remind citizens of their right to know.

* * *

THE NEWSPAPER gets into the act because the newspaper often acts as the conduit of information from government to the people.

The First Amendment of the United States Constitution guarantees freedom of the press. That's vital to a successful democracy because the press – that is, newspapers primarily –

represents the people in their search for information.

As a young reporter, the most basic lesson I learned on how to do my job properly and effectively was to recognize that I did not act for myself, but for the readers ... that is, for the public. The reporter becomes the eyes and ears of the public.

The information I gathered and put into words was not for my own personal benefit, or for the welfare of the newspaper, but rather to pass on information to the public in general, so the citizen can be informed about what is going on in his/her community.

That includes very importantly information about the governments affecting the community, because the citizen – that is, the newspaper readers whom the reporter is serving – is responsible for how their governments

operate.

In later years, I always emphasized these same principles when I was in a position to hire and/or train young reporters.

On the other side of the coin, when I have been privileged to hold a position or two on the governmental side of the fence, in carrying out my public duties I tried to follow the principles of openness. My bosses, the citizens, deserve no less.

The citizens run the government, through their votes for those public officials who only temporarily are put in charge of the formal government machinery.

Without adequate information, without an open operation of government and the ability to inspect public records, without the means to know what's going on in the community and its various governmental bod-

ies, the citizen cannot properly make the informed choices required to make democracy operate properly.

That's why Sunshine Week is important in Michigan and in America.

* * *

IN CLOSING – A couple of items noted in newspapers recently:

- Headline asks: "What's on Bill Clinton's iPod?" Reaction: Who cares?

- Sports writer, assessing North Carolina's chances in the NCAA basketball tournament, notes that Tarheel guard Ty Lawson "is battling a sprained toe." Reaction: How does one battle a sprained toe?

#

Richard Milliman is a veteran newspaperman, and a contributing columnist to several Michigan newspapers.

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Letters to the Editor

ORV ordinance a bad mix for county

To the editor:

A recent Avalanche article on the proposed ORV ordinance in Crawford County omitted some key points that will impact residents and visitors alike. There are a number of items to discuss, far too many for this letter, but I hope the commissioners will consider some of the following factors before making their decision.

Safety first. ORVs don't have to be registered as motor vehicles, their operators don't need a driver's license and they don't have to carry insurance and yet, we're proposing to allow them on our county roads. If an ORV causes an accident with an automobile, for example, the ORV operator might not have liability insurance to compensate those injured or bereaved. So, while the ORV operator could be at fault, as the Avalanche reported, it doesn't mean those hurt will be adequately compensated.

I worry that our county is unique in the number of remote roads that weren't

designed for mixed traffic of this kind. The free-for-all atmosphere this ordinance will generate will lead to young victims and innocent victims. Couple this with the fact that people who have lost their driver's license due to alcohol-related driving offenses will now be permitted to drive in a more dangerous vehicle, and it's clear that our roads will be unsafe. Period.

Because ORVs don't have to be registered, they provide no primary funding source to compensate for their impact on our public services, including policing emergency services or the repair of roadways. The only funding ORVs provide is from fines. The more fines accrued, the more money generated. We are counting on ORV illegality to compensate the county for damage done by ORVs. To put it another way, ORVs must be operated dangerously and illegally in order to pay for their impact.

Conceding the fact that there will be illegal activi-

ty amongst ORV operators is one thing, but proclaiming that it will be adequately policed is another. We have severe jurisdictional issues in our county.

County sheriffs can't police forest service lands. According to the DNR, conservation officers won't be able to adequately patrol for ORVs, even those operated illegally, while conceding that no one will be adequately subsidized or jurisdictionally able to stop them.

If ORV enthusiasts need a new or expanded trail system, for which they pay trail fees, then that is great. That is safer and cheaper to the county than every single letter in this ordinance. But this ordinance is not about either safety or sustained economic growth. It's a political bill, meant to increase the power and freedom that ORV users have. It was pushed into state law by ORV lobbyists, and now the lobbyists have taken their fight to each individual county. ORV operators are a one user group. They are a high-

impact group, which is not inherently bad, except they are being considered for free access to nearly every road and route in Crawford County.

Overall, our county will lose more than it will gain if this ordinance is passed. There will be accidents and they will be serious, because ORVs are not designed for collisions.

Our roads, already in rough shape, will deteriorate further. If our governing bodies think they're immune from cases of gross negligence, I'd recommend taking another look at the infrastructure of our county. I encourage those opposed to the ordinance to let their voices be heard, sooner rather than later. At the very least, significant levels of protection for special, high-use quiet areas – the Mason Tract among many others – needs to be achieved before any draft of this ordinance is even considered by our county commissioners.

If ORV enthusiasts need a new or expanded trail system, for which they pay trail fees, then that is great. That is safer and cheaper to the county than every single letter in this ordinance. But this ordinance is not about either safety or sustained economic growth. It's a political bill, meant to increase the power and freedom that ORV users have. It was pushed into state law by ORV lobbyists, and now the lobbyists have taken their fight to each individual county. ORV operators are a one user group. They are a high-

Camp Grayling needs community's help to solve map mystery

To the editor:

Camp Grayling has a mystery and wonders if anyone in the community can help out. It was recently brought to the attention of the Environmental Office of the existence of a wooden hand carved relief (topographic) map which covers parts of Kalkaska, Crawford and Otsego counties.

The map is made up of 13 panels. Each panel is 3 by 6 in size and covers exactly six miles by 12 miles, or two congressional townships. The entire map, when pieced together, covers 18 by 18, as an L-shape, with one piece in the center missing. Some of the panels appear to be more complete – the lakes and rivers are painted and green sawdust is glued on for the forest and grassland areas. Other panels are in a rougher state, where the carving has not been completed.

Here's the mystery – the rumor around Camp Grayling is that this map was made by either the CCC (Civilian Conservation Corps) or German POWs (Prisoners of War) during World War II, although we don't have confirmation that either were actually housed at Camp Grayling. The staff at Camp Grayling is not sure the map was actually made for the military. If it was indeed made in the 1930s or 1940s, Camp Grayling was not nearly as big as the carved area. And even the current boundary of the Camp does not correlate very well with the map area. They suspect that the map was made for some other reason and then came to be stored there.

The map is indeed a very fascinating and unique piece of artwork that Camp Grayling would like to protect. But the most important part would be knowing where it originated.

Camp Grayling staff has contacted a number of local, state and federal cultural resource specialists and have found no information of either CCC or POW projects similar to this. They are asking anyone in the area who may have heard something about this project to contact Carla Elenz, Cultural Resource Manager, at 344-6179.

Carla Elenz
Camp Grayling

Do not sign a petition against a well thought-out project

To the editor:

In gratitude to the Crawford County Commissioners for their forethought and care for the senior population in "all" of Crawford County, I am offering my insight.

Every piece of property within the city limits that was recommended or offered for the project was thoroughly reviewed and there is a record of such review. To say it was an "under the table" decision deal is completely untrue and is really a code for "I am not getting my way."

Many are happy the fish hatchery complex was selected. Many of us, fourth and fifth generation residents of Crawford

County, look to this area in comparison to New York Central Park. And why wouldn't we want a beautifully landscaped natural area for the site? The building on this site will continue to be scrutinized by every official agency as to being safe and secure before final approval is given.

Please be assured that the seniors in the housing at AuSagras Acres will not be left behind. This is a commitment not only for meals but for other needs as well.

If we could only get it - the housing complex is for all the people who reside there, not just seniors. The Commission on Aging

is for all the persons in Crawford County 60 years and over and their families. Many have been denied access for all too long.

There is just enough room to participate. After 40 years plus, we have certainly outgrown the present site. The seniors of the baby boom generation have many needs that cannot be met in the constraints of Lawndale. I urge you, before you sign a petition, to walk through the office area at the present center and observe the kitchen area without a proper storage area. Activity areas are severely crowded and the computer area would not be available for classes with another

activity going on. I was there last week, and in one room we had Bingo, senior taxes and meal clean-up. You could not have gotten to the computers if you wanted to. Handicap access is near impossible and that is a legal problem. The basement is not accessible by clients.

The work has gone on for years to prepare for the future that is upon us. Please, in careful consideration of your parents, yourself and your neighbors, do not sign a petition against this well thought-out project for the Crawford County senior citizens.

Barbara A. Selesky

Frederic

The opinions expressed in the letters and columns on this page are solely those of the writer and do not necessarily reflect the views and opinions of the Crawford County Avalanche.

Briefs

COA to take bus trip to Kirtland

The COA will be taking a bus trip on March 25 to the Kirtland Community College School of Cosmetology for a morning of beauty treatments. The bus will leave the senior center, 308 Lawndale St., at 8:45 a.m. Special group rates will be offered on haircuts, manicures and other select services. The price for the trip is \$10, which includes transportation and beauty treatments. Transportation will be provided by The Resurrection Life Church. For more information or to register, call Debra Looney at 348-7123.

COA to hold "Senior Safari Prom"

The Grayling Senior Center, 308 Lawndale St., along with the GHS sophomore class will be holding a "Senior Safari Prom" on Saturday, March 21, from 4 p.m. to 6 p.m. at GHS. Music will be provided by The Banjo Picker and Friends. Hors d'oeuvres will be served. The cost is \$25 per couple or \$15 per person. Tickets are available at the senior center. For more information or for transportation, call Debra Looney at 348-7123.

COA Out to Lunch at West Branch

The Out to Lunch Gang of the Grayling Senior Center, 308 Lawndale St., will be going to the Tanger Outlet Mall in West Branch on March 26. They will leave the senior center at 9 a.m., eat lunch at Applebee's and then go to Wal-Mart and return by 4 p.m. The cost for the trip is \$12, with lunch on your own. For more information or for transportation, call Debra Looney at 348-7123.

GPA presents China the 21st Century

The Grayling Promotional Association Entertainment Series 36th season of Travel and Adventure will present "China - the 21st Century," narrated by Buddy Hatton, on the big screen at the Rialto Theatre in downtown Grayling on March 19. The show will begin at 7 p.m., doors open at 6:30 p.m. Tickets cost \$8 for adults and \$7 for seniors/students and are available uptown Grayling at Riverland or at the door. For more information call Riverland at 989-344-0047.

Church to hold Swiss Steak Dinner

Michelson Memorial United Methodist Church will hold a Swiss Steak Dinner on Thursday, March 19, from 4:30 p.m. to 6:30 p.m. The cost is \$8 for adults, \$4 for children ages 6-12 and children under age 6 eat free. Take-outs will be available.

Little League to hold registration

The Grayling Little League will hold a player registration on Sunday, March 22, from 6 p.m. to 8 p.m. in the Grayling Elementary School gym and in the AuSable Primary School lobby Tuesday, March 24, from 3 p.m. to 4:30 p.m. It is open to tee-ball, baseball and softball players ages 5-14. Cost is \$10 for tee-ball and \$35 for baseball/softball (family maximum of \$90.) Additionally, each player must pay for two Home Run cards for \$10 each. For more information, contact Teresa Bonamie at 348-6805.

Relay for Life team to hold fund-raiser

The Curves Relay for Life team invites you to a wedding reception fund-raiser on Friday, March 20, at 7 p.m. at the American Legion Hall. The cost is \$10 per person. There will be food, a DJ, dancing and prizes. Tickets can be purchased at Curves or from any Curves member.

GMS parent workshop rescheduled

The Parent Workshop on Adolescent Anger was cancelled in February, and was rescheduled for Thursday, March 26, at 6 p.m. in the GMS Media Center. Registration is appreciated. Call Jane Osga at 344-3562 or josga@casdk12.net or Joni Metiva at 344-3560 or jmetiva@casdk12.net to register or for any questions.

Weight restrictions in effect for commercial truck traffic

Effective March 9, weight restrictions for commercial truck traffic will be imposed and enforced on state trunklines from the southern Michigan border north to and including the Mackinac Bridge. Most trunklines are freeways with M, I, or US designations.

There are no restrictions for legal axle weight loads on roads designated as "all-season trunklines." On all routes designated as "seasonal," there will be a posted reduction of 25 percent for rigid pavements and 35 percent for flexible pavements.

All extended permits will be valid for oversized loads in the weight-restricted area on the restricted routes. Single-trip permits will not

be issued for any overweight loads or loads exceeding 14 feet in width on the restricted routes.

For weight restriction information and updates, call 800-787-8960, or you can access this information on MDOT's Web site at www.michigan.gov/mdot. Under "Favorite Links," click on "Truckers."

All-season routes are designated in green and gold on the MDOT Truck Operators Map, which is available online at www.michigan.gov/mdot/0,1607,7-151-9622-11033_32060-98220--00.html.

Area man to receive benefit dinner

The family of Doug Girard, a man who works in Grayling, is hosting a spaghetti benefit to support him in a time of serious illness.

The family and friends of Girard, and his wife, Jeannie Girard, are organizing the fund-raiser to help the family beat a battle with cancer.

Girard was diagnosed in January with a form of leukemia called Acute Myelogenous Leukemia (AML). This type of cancer generally hits people 60 or older and is very aggressive. Girard is undergoing extensive chemotherapy in an attempt to beat his condition.

Girard was born in Roscommon, where he attended school and graduated in 1988. He and his wife were married in 2005. They have three kids, Sarah

age 14, Lindsey age 17, and Nick age 13.

Girard is a route salesman for Frito Lay who serves the Grayling area. His wife has been a stylist with A Cut Above for 10 years.

The spaghetti dinner and silent auction will take place on March 22, from 12:30 p.m. until 6 p.m., at the CRAF center in Roscommon. Some of the items to be auctioned include a surround sound system, a digital camera, a video camera, a tailgating tent and a Detroit Red Wings ticket with accommodations.

There is a Girard Family Benefit Fund at Citizens Bank in Grayling for those who are interested in contributing directly.

To contribute to the auction, contact Joni Dunckel at 745-4614.

Deadline for calendar entries set

Area students might want to mark April 20 on their calendars. That's the new, earlier deadline for entries in the 2009-2010 Young Artist Calendar Contest sponsored by the Kirtland's Warbler Wildlife Festival (KWWF).

The annual calendar contest is open to all students in grades K-8. Last year, contest officials received nearly 1,100 entries picturing northern Michigan's jack pine ecosystem, the summer home of the Kirtland's warbler, or the rare song bird's wintering grounds in the Bahamas.

"Normally, the deadline is right around May 1," said Dennis Mansfield, contest coordinator and public relations director for Kirtland Community College. "But, as the contest has grown, we've realized we need more time to collect and judge these amazingly colorful pieces of artwork."

Entries will be judged prior to the annual festival, held on the third Saturday in May, by committee members and special guests. Twenty "winning" students will have their artwork selected for the covers of the calendar, as well as to be displayed above each month of the 16-month publication.

"We also have 60 pieces of artwork that received honorable mention status for our 2008-09 calendar," Mansfield added. "And we're hoping to expand that number for the 2009-2010 version."

Entries must be drawn horizontally and be completed on an 8.5-by-11 inch sheet of white paper. Complete rules and the entry form may be found online at <http://www.warbler.kirtland.edu/calendar/default.htm>.

KWWF committee members are hoping that, by moving up the date of the deadline, they'll have more

time to properly recognize the winning entries prior to the festival on Saturday, May 16, at Kirtland's main campus near Roscommon. All of the entries will be on display at the Kirtland House conference center the day of the festival, with the winning and honorable mention entries also displayed on the festival's Web site.

"The Young Artist Calendar has developed into a special project, as it's both artistic and educational," Mansfield added. "Just having students do the entries helps them learn about the unique ecosystem we have here in northern Michigan and about the wildlife it supports."

Calendar entries should be mailed to: Kirtland Community College, Attention: PR Office, 10775 N. St. Helen Road, Roscommon, MI 48653. Entries will not be accepted after 4 p.m. on Monday, April 20.

For more information, persons may contact Mansfield via e-mail at mansfield@kirtland.edu or call 989-275-5000, extension 242.

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GET TO KNOW OUR FAMILY!

*Grayling Family Practice
Clinic proudly presents
another member of our family
Marilyn Rosi, FNP*

Marilyn Rosi joined the Grayling Family Practice Clinic in 1995 as a Family Nurse Practitioner. She received her degree from Michigan State University in East Lansing, Michigan. Marilyn provides a broad range of care to patients of all ages. She has a particular interest in Women's Health issues. Marilyn resides in Grayling with her husband where she enjoys gardening, outdoor sports and spending time with her family.

Marilyn is currently accepting new patients. Please call 989-348-7671 to schedule an appointment.

For an appointment call **989-348-7671**

to discuss the relocation of the Grayling Senior Center

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about the Relocation*

Wednesday, March 18th

Lunch Receptions at NOON

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The Bible Speaks

Paul's Burden for Souls

Paul's burden for the souls of his own people the Jews is most clearly revealed in chapters 9, 10 and 11 of Romans. In Romans 9:1-3 we read: "I say the truth in Christ, I lie not, my conscience also bearing me witness in the Holy Ghost, 2That I have great heaviness and continual sorrow in my heart. 3For I could wish that myself were accursed from Christ for my brethren, my kinsmen according to the flesh."

In verse 1 we see the sincerity of Paul's burden. First, there is a positive affirmation: "I say the truth in Christ..." As Paul said in Phil.1:8: "For God is my record..." Again in 1 Thess. 2:5: "...God is my witness." Second, there is a negative affirmation: "...I lie not." Or as Paul said in Galatians 1:20: "...behold, before God, I lie not." Third, There is a moral affirmation from Paul's conscience: "...My conscience also bearing me witness." A clear conscience bore witness to Paul's sincerity also in Acts 23:1 and 24:16. Fourth, there was also a divine affirmation to Paul's sincerity by the witness of the abiding Holy Spirit within

him "...in the Holy Ghost."

Verse 2 reveals the sorrowfulness of Paul's burden. "2That I have great heaviness and continual sorrow in my heart." Jeremiah, also known as the weeping prophet, had a similar burden for his people in Jer. 9:1: "1Oh that my head were waters, and mine eyes a fountain of tears, that I might weep day and night for the slain of the daughter of my people!" Jesus Christ also wept over Jerusalem in Luke 19:41-44 because of the Jews coming destruction and dispersion to be carried out later in 70 A.D. by Titus the Roman general. Paul will remind us of his burden again in Romans 10:1: "1Brethren, my heart's desire and prayer to God for Israel is, that they might be saved."

Verse 3 discloses the seriousness of Paul's burden. "3For I could wish that myself were accursed from Christ for my brethren, my kinsmen according to the flesh." Moses gives us insight into such love in Exodus 32:32: "32Yet now, if thou wilt forgive their sin...; and if not, blot me, I pray thee, out of thy book which thou hast written." Esther felt this burden in Esther 8:6: "6For how can I endure to see the evil that shall come unto my people? or how can I endure to see the destruction of my kindred?"

When Paul said, "3For I could wish that myself were accursed from Christ for my brethren, my kinsmen according to the flesh," he was expressing the same kind of burden our Lord Jesus Christ had for the lost souls of His own people. The difference was, Paul could only say, "For I could wish..." but our Lord Jesus Christ could do more than wish as 1 Peter 2:24 reminds us: "24Who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes ye were healed." As He died on the cross in Luke 23:34 He said, "...Father, forgive them; for they know not what they do. And they parted his raiment, and cast lots." Do we have a burden for the lost souls in our own families? Do we really care if our friends and neighbors go to Heaven or Hell? Will you and I face loved ones in eternity who stare into our eyes and say: "I looked on my right hand, and beheld, but there was no man that would know me: refuge failed me; no man cared for my soul." (Psalm 142:4). Pastor B"

The *Bible Speaks* is a paid advertisement and does not necessarily reflect the views and opinions of the Crawford County Avalanche.

Church Directory

Christian Science Society
209 First St. - Suite 103 - Gaylord
(989) 732-7001

Sunday Service10:30 am
April through October

2nd & 4th Wednesday7 pm

Sunday School10:30 am

Michelson Memorial United Methodist Church
Pastor: Dr. William A. Cango
400 Michigan Ave. - (989) 348-2974
www.mumc.org - Barrier Free

Traditional Service9 am

Coffee Hour10 am

Sunday School (pre-school - 3rd grade)11 am

Adult Sunday School10 am

Praise & Worship Service11 am

(Childcare Available)

Seventh Day Adventist
Pastor: David Jorgenson
(989) 348-1909

Services held Saturday at Camp Ausable off M-72 East (1st building on right inside camp entrance)

Saturday Church Service9:30 am

Saturday Sabbath School10:30 am

Tuesday Prayer Meeting7 pm

Levels Community Chapel
(Bible based and non-denominational)

Pastor: Larry Hankins
813 Bald Hill Rd. - Lovells
(989) 348-2701

Sunday School (youth & adult)9:30 am

Morning Worship11 am

Wed Prayer & Bible Study7:30 pm

Grayling Free Methodist
Pastor: Rick Scord
6652 M-72 West - (989) 348-9093

Early Service8:30 am

Sunday School10 am

Morning Service11 am

Prayer Meeting (Wednesday)7 pm

Emma Lowery United Church of Christ
3474 West Park Road, Luzerne

Sunday Worship11 am

Adult & Youth Sunday School9:30 am

Heritage Baptist
Pastor: Eric Wagner - (989) 348-1411
heritagebaptist-grayling.org
1841 Hartwick Pines Rd.
(1/4 mile west of 175)

Sunday School9:45 am

Morning Worship11 am

Evening Worship6 pm

Wednesday7 pm

Grayling Assembly of God
Pastor: Gary Wojda
701 S. I-75 Business Loop
Passage (989) 348-7466

Sunday School9:30 am

Morning Worship10:30 am

Evening Service6 pm

Family Night Adult-Youth Children (Wed)7 pm

The Church of Christ
with the Elijah Message
7662 Kelly Ave., Frederic

Sunday Worship10 am

Westminster-By-The-Lake
(East of Ralph MacMillan Conference Center)

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(989) 821-9474

Sunday Worship11 am

St. John Lutheran (ELCA)
710 Spruce Street
(989) 348-5224

Sunday School9:15 am

Sunday Worship10:30 am

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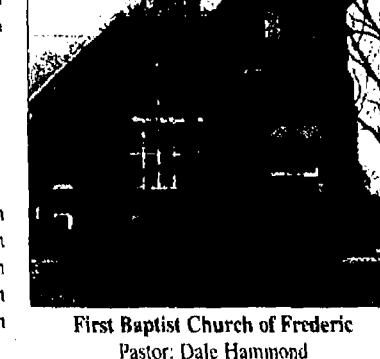
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This Church Directory is used by residents and visitors. If you wish to show your
support for area churches, call the Avalanche at 348-6811 to be included on this page.

Michelson Memorial
United Methodist Church



First Baptist Church of Frederic
Pastor: Dale Hammond

Sunday School9:45 am
Morning Worship11 am
Evening Worship6 pm
Wed. Prayer & Bible Study7 pm

Unity Church of Today North
Minister: Terry Dickinson

Virtual Church; an E-mail Bible Study
available at tlmr2@freeway.net

Luzerne Baptist
Pastor: James Durfee
2247 Durfee Lane

Sunday School10 am
Sunday Morning Worship11 am
Sunday Evening Worship6 pm
Wednesday Bible Study7 pm

Burning Bush Tabernacle
Pastor: Patricia Petrie - (989) 348-1278
501 E. Michigan Ave., Grayling

Sunday School10 am
Sun. Service, Children's Church & Youth
Service11 am
Sunday Evening Service6 pm
Monday Prayer Meeting7 pm
Wednesday Service7 pm
Friday Prayer Meeting7 pm

Sunday Evening Masses4:30 pm
Sunday Masses10 am

St. Francis Episcopal
Reverend: Elizabeth Chace
M-72 West - Office (989) 348-5850

Morning Prayer Tue-Fri8:30 am
Eucharist (Wed)8:30 am

Sunday Holy Eucharist8:30 & 10:30 am

Resurrection Life Center
Pastor: Bud & Debbie Mann
Mail: 2640 M-72 West Grayling, MI 49738
reslifecenter.com
Phone: (989) 348-1000

Sunday Service10:30 am
Midweek Services (Wed)7 pm
E-mail: reslife fellowship@hotmail.com

St. Mary's Roman Catholic Community
Pastor: Robert W. Nalley, J.V.
Parish Office - 707 Spruce
(989) 348-7657

Saturday Evening Masses4:30 pm
Sunday Masses10 am

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Obituaries

George Watson

George Watson, 83, of Grayling, passed away on March 10, 2009.

He was born in Detroit, on January 11, 1926, to the late Roy and Anna (Beilewa) Watson.

He served in the U.S. Navy.

He married the former Virginia K. Anderson on November 27, 1946, in East Detroit.

He moved to the Grayling area 30 years ago, coming from Warren.

Condolences may be sent to www.sorensonlockwood.com.

Arrangements made by Sorenson-Lockwood Funeral Home.

held on March 14, at noon, with Elder Ann Doty officiating.

The family requests that, in lieu of flowers, memorial contributions be made to the Grayling Nursing and Rehabilitation Center for their activity department.

Condolences may be sent to www.sorensonlockwood.com.

Arrangements made by Sorenson-Lockwood Funeral Home.

Sonny Hatfield

Sonny Hatfield, 73, of Three Rivers, formerly of Grayling, passed away on March 10, 2009.

A funeral service was held at Sorenson-Lockwood Funeral Home, Grayling, on March 16, with Pastor Robert Barnett officiating.

Interment will be in the spring of 2009 at Beaver Creek Township Cemetery in Grayling.

Condolences may be sent to the family at www.sorensonlockwood.com.

Arrangements made by Sorenson-Lockwood Funeral Home.

In Memory of

In loving memory of John P. Hall, Oct. 4, 1921 - March 23, 2008.

His quest for knowledge ... endless. His infinite wisdom ... priceless.

Sadly missed, love you dad, Cindy

In Memory of

In loving memory of John P. Hall, Oct. 4, 1921 - March 23, 2008.

God saw he was getting tired and a cure was not to be, so he put his arms around him and whispered "come with me." With

tearful eyes we watched him suffer and saw him fade away, although we loved him dearly, we could not make him stay. A golden heart stopped beating, hard working hands at rest. God broke our hearts to prove to use, he only takes the best.

God bless you for taking care of us.

Cindy, John, Chris, Jeremy, Michele, Jim, John Jr., Beth and great-grandchildren

In Memory of

J.C. I miss you K.E.

Card of Thanks

Our family would like to take this opportunity to thank everyone, especially the Bear Lake Christian Church Women's Group, for the benefit spaghetti dinner that was held for Lewis Brown after the loss of his uninsured home to a fire.

We greatly appreciate all the help and time that everyone donated.

Thank you and God bless.

The Dill, Chmielewski and R. Brown families

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Sheriff's Report

Crawford County Sheriff Kirk Wakefield reports his office handled the following 92 complaints the week of March 9 - March 15.

One suicide, 17 general non-criminal complaints, three delinquent minors, seven false alarm activations, one criminal sexual conduct/sexual assault, two criminal sexual conduct/first degree-penetration with object, three assault/intimidation/stalkings, two burglaries/home invasions, one burglary-no forced entry-non-residence, one larceny, one motor vehicle theft, three fraudulent activities, one damage to property, four public peace/disorderlies, and two health and safeties, three miscellaneous criminal offenses, two miscellaneous arrests, 14 traffic accidents, one accident-non-traffic, one traffic violation-civil infraction, one accident-fire, eight family troubles-domestic, eight suspicious situations, four driving violations/driving while license suspended and one driving on revoked/suspended license.

Sheriff Wakefield asks, "Do you know where your children are? Please remember, our children are our future."

For more information, log on to www.crawfordsheriff.org.

Library News

Two showings of "High School Musical 3" will be held at the Devereaux Memorial Library on Friday, March 20. The "Afternoon Movie" is a matinee for preteens at 3:30 p.m. followed by "C.T.R. (Cyber Teen Revolution) Movie Night" at 6 p.m. for teens ages 13-18. These are suggested ages only, but no one over 18 is allowed to attend unless they are a parent or guardian of a participating child. The movie lasts approximately two hours and popcorn is included. Call Connie Meyer, at 348-9214, to sign up.

The "Create-A-Crown" program for adults and families will be held at the Devereaux Memorial Library on Tuesday, March 24, at 6:30 p.m. Claim your title and create a crown to fit your majestic personality. Call Jane, at 348-9214, to sign up for this program filled with regal refreshments and a celebration of your royal heritage. Stop by the library and check out the crowns and tiaras on display in the March showcase.

Honors

Storm Shriver

Storm Julien Shriver, of Grayling, was inducted into the Alpha Omicron Gamma Chapter of Phi Theta Kappa at Kirtland Community College on March 13.

Established in 1918 by two-year college presidents, Phi Theta Kappa is the oldest and most prestigious honor society serving two-year colleges around the world. The Society serves to recognize and encourage the academic achievement of two-year college students and provide opportunities for individual growth and development through honors, leadership and service programming. Students must rank in the top 20 percent of the class to be invited to membership in

Phi Theta Kappa and must maintain high academic standing during their enrollment in the two-year college.

Storm Julien Shriver has been elected Recording Secretary of the Alpha Omicron Gamma Chapter of Phi Theta Kappa, the international honor society for two-year colleges. Phi Theta Kappa membership is based on academic achievement, and members are also provided opportunities for growth and development in scholarship, leadership, service and fellowship.

He is majoring in math at Kirtland Community College, and is planning to transfer to University of Michigan.

He is the son of David and Lynne Shriver.

Senior Citizen News

Join us for a meal either at noon or 5 p.m. weekdays, except Friday, when there is no evening meal. Soup or salad bar served prior to the meal Monday through Thursday.

This week's menu (lunch/dinner) and activities:

Friday, March 20 - Lunch - roast turkey with stuffing and gravy, peas and carrots, green beans and a banana. No Dinner. 10 a.m. Tone and Tubes, 12 p.m. Lovells Satellite Meal, 1 p.m. Pantry Bingo.

Saturday, March 20 - 4p.m. - 6 p.m. Senior Prom "Senior Safari" at Grayling High School.

Monday, March 23 - Lunch - breaded chicken sandwich, winter blend vegetables, baked beans and an orange. Dinner - salisbury steak, mashed potatoes, Prince Charles vegetable blend and apricots. 9:30 a.m. - 11:30 a.m. Back on Duty, 1 p.m. Bridge.

Tuesday, March 24 - Lunch - spaghetti with meat sauce, cauliflower, carrots and grapes. Dinner - hot

roast beef, boiled potatoes, Brussels sprouts and mixed fruit. 10 a.m. Tone and Tubes and Bible Study, 12:30 p.m. Euchre, 4 p.m. - 5 p.m. blood pressure/sugar checks.

Wednesday, March 25 - Lunch - beef stroganoff, noodles, carrots, cauliflower and peaches. Dinner - pork chop, glazed sweet potatoes, peas, applesauce and blueberry crisp. 8:50 a.m. Bussin' Beauties trip, 10 a.m. line dancing, 1 p.m. pool league and COA Board Meeting, 5:30 p.m. Medicine Shoppe Bingo.

Thursday, March 26 - Lunch - mild Italian sausage, green peppers and onions, Italian blend vegetables, mashed potatoes and apricots. Dinner - liver and onions, mashed potatoes, grapes and California blend vegetables. 9 a.m. Tanger Outlet trip, 10 a.m. craft class, 2 p.m. UNO Attack.

The Crawford County Commission on Aging's Senior Center is located at 308 Lawndale, behind Burger King in Grayling. Walk-ins are welcome.

Raffle Winners

Grayling Youth Booster Club

The 50/50 raffle winners for March 15 of \$25 each; Donna Kune, Miranda Bailey, Pat Benardo and Jann Besonen.

RECYCLING SUGGESTIONS

School children always seem to be working on some kind of craft that utilizes toilet paper tubes. More often than not, adults tend to want to toss the old tube in the trash when they change the roll.

It turns out that empty toilet paper tubes have plenty of useful applications for adults, too.

For example, it can be handy to stash a pair of jeans socks in a tube. Just snip the tube in your car or workplace. If you happen to accidentally tread through some recycling paper tubes, you'll have a pair of dry socks on hand.

Toilet paper tubes are also usually unformed and can be easily snipped into smaller sections. Simply wrap double-sided tape around the tube, then roll it on clothes or nature to easily remove lint. If you happen to have loose bits of yarn or string around, these tubes can be a handy storage device.

Simply wrap string around the tube before storing to keep it from getting tangled. This technique is especially useful for storing long pieces of ribbon, as it will keep the ribbon smooth and crease-free.

Lastly, these tubes have applications in the garden, too. They can be used in place of a pea pot. Fill the tube with potting soil, then place it in an empty butter container. Plant a seed in the tube and be sure to water it. When the plant sprouts, plant the seedling (tube and all) in the ground. The transplant is very easy and the tube will naturally rot away.

Have your own recycling suggestion? Share it with the community. Send an e-mail to comments@crawfordavalanche.com or write to "Crawford County Avalanche," P.O. Box 490, Grayling, MI 49738. Look for a new recycling tip in next week's column.

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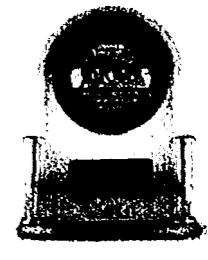
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Student committee awards grant money to local programs

by Matt Seager
Staff Writer

Grayling High School (GHS) students recently played a part in delegating over \$1,000 in grant money to local programs.

The school's local Youth Advisory Council (YAC) was responsible for determining which programs would receive North Central Michigan Community Foundation (NCMCF) grant money that

had been earmarked for Crawford County.

"The students take the responsibility of dividing money among applicants very seriously," said YAC advisor Shelley Kammer-Paulus.

The grant money comes from local donations and a matching program from the NCMCF's Kellogg Youth Endowment Fund. All grant money from this program must be awarded to non-profit programs that benefit area youth.

YAC students began by assessing the needs of area youth. According to NCMCF representative Christine Bruske-Hitch, teen pregnancy is consistently identified as a top concern.

Following the needs assessment process, students personally interviewed local grant applicants. They awarded grant money to the programs that they felt would most affect-

tively address the needs of local youth.

"The kids ... they really do a good job with it," Bruske-Hitch said.

Students awarded \$599.57 to the American Red Cross to provide "comfort kits" to children who fall victim to disasters in Crawford, Ogemaw and Oscoda counties. These kits include personal hygiene and toiletry items.

Much of the nearly \$600 awarded to this program is earmarked specifically for Crawford County.

The Crawford AuSable School District was awarded \$200 to assist the Class of 2009 in purchasing a permanent gift for Grayling High School.

Another \$100 was awarded to the Crawford County Library System to support a youth literacy program called "Every Child Ready to Read @ Your Library."

The county's second largest benefactor was the

county probate court's J.U.S.T.I.C.E. program, which is designed to protect minors from sex crimes that involve the internet, cell phones or other forms of digital communications. J.U.S.T.I.C.E. stands for "Juveniles Understanding the Seriousness of Texting Internet Exchanges."

The program received a \$500 grant.

"It's to educate students on the seriousness that they should treat their communications," said program coordinator Tom Haskel.

"It will basically pay to bring this expert in the field ... to all sorts of community groups," Haskel said.

Haskel cautioned that sexual harassment over digital lines of communication is a growing problem that often results in criminal charges.

"They think it's a joke and it's funny, but it's no joke," Haskel said.

He added that he was

happy to see that YAC students take this threat seriously.

"I met with them approximately a month ago and gave them a presentation," Haskel said. "They demonstrated an understanding that this is an important problem that can impact them directly and their friends directly."

According to Kammer-Paulus, involvement in the grant process is a valuable learning experience for students.

"It stresses to students the importance of philanthropy within our own community," Kammer-Paulus said.

The YAC has other community involvement projects planned for the near future. They will also be awarding additional grant money at the end of the month.

"I'm really proud of their efforts," Kammer-Paulus said.

Bleak economy catching up with property owners

Continued from 1A

taxes in 2007. In other news, Wakeley said that the county is holding its own as it is facing an ever-changing financial market when it comes to the

money it invests to garner interest to cover county expenditures.

In 2008, the county earned \$69,984 in interest from general fund investments, down from \$90,410 in 2007. From Oct. 1, 2008, through Jan. 31, 2009, the county has earned \$8,742 on the same amount of money invested.

Under changes made by the Federal Deposit Insurance Corporation, governmental agencies only have insurance up to \$250,000 for money invested in Certificates of Deposit.

Wakeley is planning to invest funds from county coffers into a Certificate of Deposit Account Registry Service. Under the plan, the county will invest a large sum of money with a Michigan bank, which can then transfer the funds to banks in other states to ensure the maximum insurance for the money.

"You're still within the investment guidelines, because you're still dealing with a bank in Michigan and it's on their books,"

Wakeley said. "The stuff that's going on out there is totally bizarre."

The county will also keep funds in a NOW Checking Account (Negotiable Order of Withdrawal), a checking account which earns interest and where the county can write checks from the pool of money held on deposit.

The NOW Checking Account will draw less interest than a Certificate of Deposit, but allows more money to be deposited with a financial institution at less risk.

"The adage is 'that it's nice when you make money - you get a little applause if you do, but you really get talked about if you lose money,'" Wakeley said.

Finally, the county board opted to keep \$100,116 from land sale proceeds from the sale of foreclosed properties.

Under state law, counties can sell properties after the taxes have not been paid for three years to recover the taxes owed. In 2006, the county netted \$3,272 from its foreclosure sale. In 2007, the county received \$79,059

for foreclosures and \$27,785 in 2008.

Wakeley said the county had the option to transfer \$82,331 into its general fund to cover annual budget expenditures under state regulations. The remaining \$27,785 would have been held for potential claims or litigation with a person seeking to get their property back.

The county board opted to leave the money in the land sale proceeds account to use as a potential rainy day fund.

"Wakeley said the county sends up to 10 notices regarding foreclosure to land owners and publishes a notice in the *Crawford County Avalanche* before foreclosure proceedings are finalized.

Wakeley said there are a number of properties eligible for foreclosure and the county has been trying to assist property owners who have hardships.

"Some of the people that we're concerned about haven't even talked to us - that's what bothers me," Wakeley said.

Again, your kindness was greatly appreciated.

Connie Harvey

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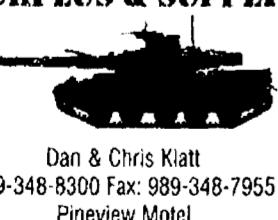
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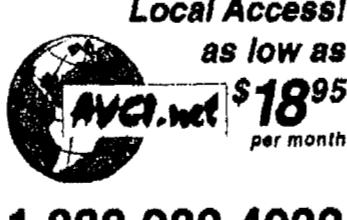
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Local business relocates, adjusts to changing economy

by Matt Seager
Staff Writer

Sometimes, when times are tough, you just have to be tougher. This seems to be the motto of Dharma Records owners Diane Chamberlain and Allen Bondar, who recently made a big move in order to stay afloat in a struggling music industry.

Specifically, they moved their four-in-one music store, recording studio, teaching center and consignment shop from its former location on Michigan Avenue to the I-75 Business Loop across from the Marathon gas station.

Dharma Records had operated at the Michigan Avenue location for eight years. The old building is now for sale. The main reason for the move was to increase the business's visibility.

"People would come in out of the blue and say 'I didn't even know there was a music store in Grayling.' That was kind of discouraging," Chamberlain said.

The owners reported that over the last two years, their business hadn't even been breaking even.

"It was like, either we move, or we close," Bondar said.

In the two weeks since the business relocated, Bondar and Chamberlain have already reported an increase in traffic.

"Already I've had drive by customers that said 'we

were just passing through, we didn't know there was a music store here,'" Chamberlain said.

Chamberlain also believes the move will go a long way towards allowing the business to survive the upcoming major construction on the business loop.

"Certainly that will be an issue. But I think if people know we're here, they'll find a way to get here," she said. "I think if we were in the other location things would be worse."

For locals who are already familiar with Dharma Records, the new site features several major improvements.

"Everything is much more streamlined and more professional," Chamberlain said.

This is due largely to the fact that the new building is much larger. The consignment shop, called "Another Man's Treasure," is now clearly distinct from the music store.

"It's just so much easier and so much more organized," Chamberlain said.

The music store is also much larger and, in addition to instruments and supplies, now includes large displays of music from local artists.

"We will definitely try and beef up the inventory again," Chamberlain said.

There is a basic recording studio in the new location, called "Studio B," but the primary recording area is now at an outside location.

Perhaps the largest and



Diane Chamberlain (left) and Allen Bondar (right) recently relocated Dharma Records to the I-75 Business Loop across from the Marathon gas station. "We're trying to streamline things so it's less labor intensive and we can focus on more interesting things," Chamberlain said.

most noticeable improvement is the expanded student area, where aspiring musicians now have their own waiting room and more practice space.

"I love it. I've got windows," said music instructor Brian Ashton, who added that the new environment will make teaching much easier.

In the end, it's for the students and local professionals that Bondar and Chamberlain are trying to save Dharma Records.

"A lot of the local musicians depend on us being here," Chamberlain said.

There are currently 60 students taking lessons at the studio.

"The student traffic, for us, was the main reason we said we gotta stay open," Bondar said.

Bondar said, "No one's offering this service anymore, and the ones that are, are quickly going under."

Chamberlain and Bondar are making efforts to turn their business into more of a community space, with a lounge area and a stage for public recitals or possibly small concert performances.

"They can come and hang out and check up on the most recent music scene," Chamberlain said.

Bondar and Chamberlain hope the improvements and change of scenery will be a win-win situation for both them and their customers.

"Basically, right now, the only way to get things going in the economy is to get more involvement," Bondar said.

Bear Archery was constantly improving because they were always trying to do things better," Reader said.

The Fred Bear tribute

video can be viewed at www.traditionalbowhunter-journal.com, located under the previous shows section of the web site.

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Online tribute recounts warm memories

Continued from 1A
Gainesville, Fla., when the Bear Archery plant was closed in Grayling in 1978.

"What Mr. Bear expected from everyone in Michigan - he got - and that was perfection," Hatfield said.

Groner recalled helping to develop a latch system to assemble a bow that could

be folded up and carried in a backpack. Groner said Bear was always gracious to take input from employees on Bear Archery's new bows, including bows built for Bear's own usage.

"Even if we disagreed, I would tell him what I thought, but we never argued because he was the

one paying the wages," Groner said.

Al Reader, a North Haledon, N.J., resident, who has a huge collection of Bear Archery bows, is featured in the third video of the series. Reader has collected Bear Archery Kodiak bows from 1950 to 1976.

"The craftsmanship at

Bear Archery was constantly improving because they were always trying to do things better," Reader said.

The Fred Bear tribute

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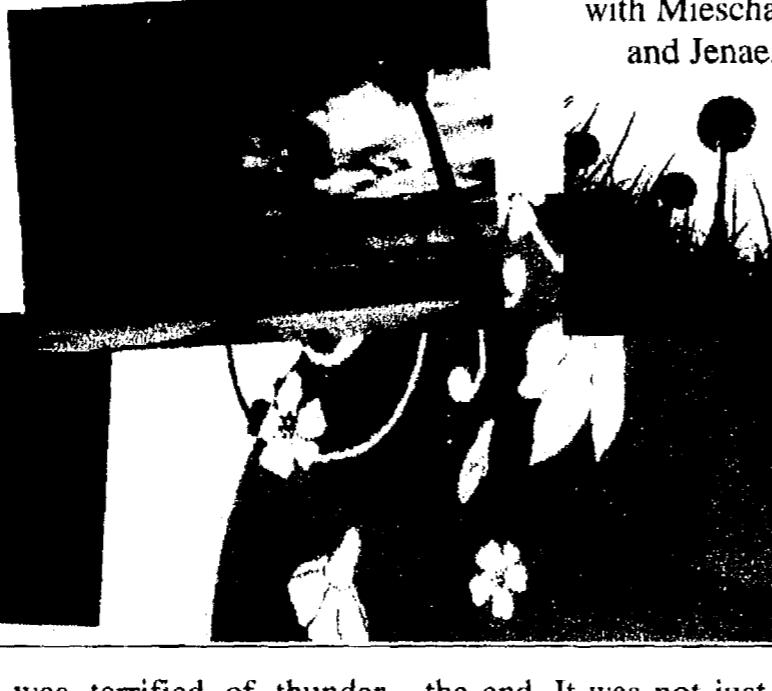
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Nikki-my favorite sister
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to-be
Ethan-my real brother

Friends

I love hanging out with my friends. We love to go to the beach and just simply hang out together. Even though we might not get to see much of each other during the weekdays, we always get together on the weekend.



Future

My future plans are to attend Grand Rapids Community College. I'll be renting a house with Miescha and Jenae.

Cayla Johnson

GHS

Reading for Pleasure

Marley and Me

John Grogan

Marley and Me was a story of a family's adventures with an overpowering and loving dog named Marley. John and Jenny were newlyweds starting a life together. When Jenny decided that she was an inexperienced mother figure, she looked to the classifieds in search of an animal to adopt for the practice. Marley instantly became a part of the Grogan household, even though he was considered the "Worlds Worst Dog Ever." He was excessively energetic and craved love and affection. He tore up and left slobber over everything. Marley was there for John and Jenny when they first tried to start a family and there when it failed. He

was terrified of thunder storms and unbelievably strong. When John and Jenny tried enrolling him in to obedience school, he got expelled. Although Marley was a lot of work, the Grogan's wouldn't be the same without him. He had an obsessive adoration towards his owners and showed it by greeting them when they returned home every day by tackling and slobbering all over them. He loved his owners more than any other thing in the world, and John and Jenny loved him as if he were one of their own children.

I believe Marley and Me was an easy read. It was easy to get into and never had a dull moment. Marley's "Stunts" made this book have interesting twists. It did grab me in the first few pages because I love animals and this was all it was about. I did cry at towards

the end. It was not just a tear here or there; I full out cried. The storyline however wasn't unexpected. I knew what would happen, but you get attached just as John and Jenny had. My favorite character of the book would have to be John. He learned to overcome life's problems with the help and respect of his dog Marley. His life wouldn't have been as interesting without his pal and he wouldn't have learned to make the most out of every situation.

I did like how the book ended, but I would have changed it to have one of the children find a dog to learn the same lessons as John had. He learned quite a bit of knowledge by spending those thirteen years of his life with Marley. I think that eventually his children should learn the same lessons.

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Hannah Smith
GHS
Book Review
Bel Canto

What exactly is the formula for an enthralling and captivating novel? Start with one South American country, stir in one high-profile birthday party, and combine with one world-renowned singer, one hostage crisis and two unusual but epic romances, and you've got *Bel Canto*, a thrilling and intense novel in which normal barriers—language, captor/hostage, and age—are all destroyed.

Bel Canto is Italian for "beautiful song," and this book certainly lives up to the title. Not only does it include a singer with a captivating voice who sings beautiful songs, but the story itself is extremely enchanting.

Somewhere in South America, in a country destined to fall apart unless an outside country intercedes, a birthday celebration is taking place. This party, with over 100 guests in attendance, is thrown for Mr. Hosokawa, president of the company promising to help the small country out of its economic slump. His birthday present? The presence of world-renowned lyric soprano Roxanne Coss, whose voice could melt the heart of the cruellest criminal. As the night comes to an end, she will find she might have to do just that, for a large group of terrorists come flooding out of

the air conditioning vents.

Ann Patchett, the author, was inspired by the four month long Peruvian hostage crisis in 1996. Fourteen members of the Túpac Amaru Revolutionary Movement (MRTA) held hostage hundreds of high-level diplomats and politicians who were attending the 63rd birthday party of Japanese emperor Akihito. Six hundred people were initially taken hostage, but throughout the more than one hundred days of the crisis, all but seventy-two men were released. When Peruvian special forces stormed the mansion on the 126th day, one hostage, two commandos, and all 14 MRTA members were killed. One dissimilarity between the novel and the Peruvian hostage crisis is the character of Roxanne Coss, who was kept hostage in the novel, whereas no women were kept hostage in the real event. Patchett said she added Coss, the famous soprano, because she thought the crisis was operatic.

Patchett received both the Orange Prize for Fiction and the PEN/Faulkner Award in 2002 for *Bel Canto*. She is an American author who has written for *The Washington Post*, *The New York Times*, *ELLE*, *Vogue*, and many other publications. Patchett's other novels include *Run*, *The Patron Saint of Liars*, *Taft* and *The Magician's Assistant*, which was considered a candidate for the

Orange Prize.

Bel Canto explores and pushes the boundaries of human sympathy, survival and romance. Before the hostage crisis, Katsumi Hosokawa, the president of a company in Japan, was a man with a family whose greatest passion was opera. Roxanne Coss was the diva of the stage, traveling from country to country, giving performances almost nightly, whose voice caused even the meanest criminal to feel sympathy and love. Though Hosokawa speaks only Japanese, and Coss only English, they fall in love through their shared love of beautiful music. While Carmen, a young woman who works for the terrorist organization holding the party hostage, should be feared by the hostages, a relationship develops between her and Gen Watanabe, the group's unofficial translator.

Bel Canto speaks to readers through its operatic view of a crisis situation, its hair-raising moments of violence and the view that love transcends language and lifestyle barriers. The novel displays passion in the face of death, the strangeness of a fate forced upon the hostages and the basic human impulse for civilization. Throughout the novel, the characters are constantly faced with their imminent rescue from a hostage situation from which they are not sure they wish to be saved.

About Me: Sara Trudgeon

Since December 20, 1992

Myself

It's quite obvious that it doesn't take much to entertain me. I was born in Clare, and lived in Gladwin until I was six. I have lived in Grayling ever since then. My birthday is December 20, and I'm 16 years-old. I like hanging out with my friends, driving, reading and listening to music. I cheerlead during football season and I absolutely love it, nothing can beat that feeling. I'm not sure what I'm going to do for a career when I finally decide to grow up, but I want it to be something that will make a difference in the world.

Family

I have a very large family. My dad Rene, my mom Kathy, little sisters, Josie and Dana. I also have two brothers, Calvin and Erik, who live in Colorado.

During Christmas break of 2008, my family along with two of my aunts, two uncles and six cousins went down to Ft. Myers, Fla., to spend Christmas and New Years with my grandparents. It was really fun to have all of our family together. We went to the beach, went to the mall and to a couple of flea markets.

Pets

I have two dogs. Gypsy is a Collie and Trixie is a chubby Jack Russell terrier mix. A couple of years ago for my mom's birthday, we bought her a cat from PetSmart during their annual adoption week. The cat's name is Lucky, he's three-years-old and he thinks he is a dog. My favorite cat is Harley, my Nana got her for me when I was about six. She's getting old and cranky, but I still love her.

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Chiefs outgun Vikings 71-46 in district semifinal game

Grayling's season ends with playoff loss at Cheboygan

by Caleb Casey

Senior Staff Writer

The Cheboygan Chiefs – playing in their home gym at Cheboygan High School – outgunned the Grayling Vikings 71-46 in a District 63-B tournament semifinal contest last Wednesday.

The Chiefs did most of their damage in the paint, scoring the majority of their points by working the ball inside or driving to the basket for lay-ups.

Cheboygan led 12-2 at the first quarter's 3:56 mark. Grayling scored the next four points with a lay-up by Colin Hamlin and two free throws by Eric Ferrigan. The Chiefs finished the period with an 8-1 run and led 20-9 going into the second quarter.

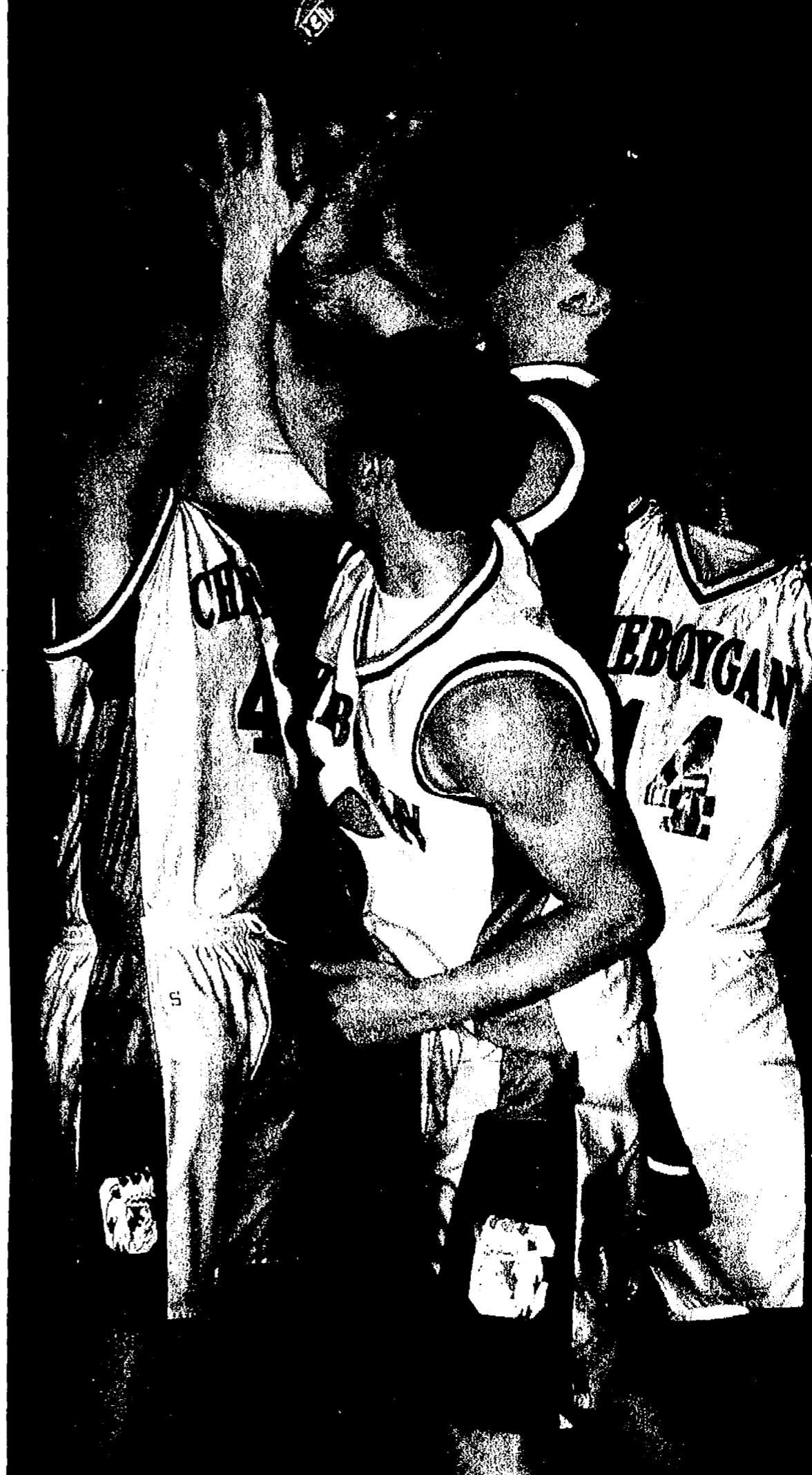
The Vikings opened the second period with nine unanswered points to get back

into the game. The series included (in order) an inside shot by Tyler Steffey, a jump shot by Trent Larm, a lay-up by Ferrigan, and a three-pointer by Hamlin. In the final three minutes of the quarter, Cheboygan outscored Grayling 10-2. The Chiefs had a 30-20 advantage at halftime.

Grayling started the third quarter with a lay-up by Ferrigan. Cheboygan scored the next two baskets to lead by 12. A three-pointer by Ferrigan cut Cheboygan's lead to nine. The Chiefs scored the next six points with three drives to the basket. In the final 2:40 of the third quarter, Cheboygan scored 13 unanswered points – including six with two three-pointers – to lead by 25, 53-28, going into the final eight minutes.

Both teams scored 18 points in the fourth

See CHIEFS OUTGUN | 28



Photos by Caleb Casey

Jacob Aubry, left, handles the ball for Grayling during a district semifinal game at Cheboygan on Wednesday night. Doug Gothro, right, draws a foul while attempting an inside shot vs. the Chiefs.

Grayling wrestlers finish outside medal range at state finals

Two wrestlers from Grayling High School seniors Cody Collen (145) and Shane Grove (171) – competed at the Michigan High School Athletic Association's Division III individual state finals over the weekend. Both wrestlers finished outside of medal range (the

top eight).

Collen and Grove qualified for the state finals by placing in the top four at individual regionals. Collen placed third and Grove took fourth. Collen and Grove qualified for regionals by placing first and third, respectively, at

individual districts.

At the state finals, held on March 12-14 at the Palace of Auburn Hills, Collen lost a 3-2 decision vs. an opponent from Monroe Jefferson in his first bout of the tournament. Collen lost by pin vs. a Pontiac Notre Dame

Prep wrestler in his second match.

Grove lost by pin to an Allegan opponent – a wrestler that went on to place second in the 171-pound weight class – in his first match of the state finals. Grove lost an 11-4 decision vs. an Allendale opponent in his second bout.



State qualifiers Cody Collen, left, and Shane Grove, right, wrestle at individual regionals.

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Photos by Caleb Casey

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Alex Gabriel, left, tips a loose ball on Wednesday night at Cheboygan. Eric Ferrigan, right, drives to the basket for a lay-up during Wednesday's playoff game vs. the Chiefs.

Chiefs outgun Vikings 71-46 in district semifinal game

Continued from 1B

quarter. Grayling scored its 18 points with (in order) a jump shot by Steffey, an inside shot by Hamlin, an inside shot by Spencer Dean, a drive by Hamlin, an inside shot by Steffey, two free throws by Alex Gabriel, two free throws by Jacob Aubry, and two lay-ups by Steven Enos. Cheboygan scored most of its fourth quarter points inside and added two more three-pointers down the stretch.

The Chiefs won by 25, 71-46.

Grayling's leading scorers were: Hamlin, 11 points, 3 assists, 3 rebounds; Ferrigan, 9 points, 2 steals; Enos, 7 points; Steffey, 6 points, 2 rebounds; Dean, 4 points, 7 rebounds; Gabriel, 4 points, 3 rebounds; Larm, 2 points, 4 rebounds, 3 assists; Aubry, 2 points, 2 assists.

Grayling (9-11) and Cheboygan (12-8) both drew first round byes in the

district tournament. In the other bracket, Elk Rapids (2-18) defeated Petoskey (13-7) 54-51 in overtime on Monday night to advance to the semifinals. Roscommon (18-2), which drew a first round bye, defeated Elk Rapids 65-48 on Wednesday.

In the District 63-B championship game on Friday night, Cheboygan edged Roscommon 61-58. The Chiefs advanced to the Region 16-B tournament.

The Vikings finished

their 2008-2009 season with a 9-12 overall record (6-8 league, 0-1 playoff).

To check out more photos from this year's GHS boys basketball season, please visit the Crawford County Avalanche's Web site at www.crawfordcountyavalanche.com. Our Photo Archive contains color photographs, both published and unpublished, from more than 20 2008-2009 freshman, junior varsity, and varsity boys basketball games.



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Tyler Steffey, left, takes an inside shot for Grayling on Wednesday night at Cheboygan. Trent Larm, right, dribbles the ball for GHS.

'3 on 3' basketball tournament slated for April 25

Event open to boys and girls in grades 3-8

The Grayling Spirit Club "3 on 3" Tournament – an event open to boys and girls in grades 3-8 – will be held on Saturday, April 25, at Grayling Middle School and Grayling High School. Registration is now open.

The tournament will feature divisions for boys and girls – five in each for a total of 10 divisions. The oldest team member's grade determines division placement.

Each team is guaranteed two games. Referees will officiate each contest.

Cost to participate is \$45 per team (up to four players). Deadline for registration is

April 18.

Games begin at 9 a.m. on April 25. Medals will be awarded to the first and second place finishers in each division. A concession stand will be available during the tournament.

To get an entry form, contact Dianne Tobin at Grayling High School at 344-3506 or dtobin@casdk12.net.

Please make checks payable to "Grayling Spirit Club."

Official tournament rules are available on the Internet at www.casdk12.net/Basketball/Schedule.htm.

Kirtland Basketball

Women's - The 2008-09 season came to an abrupt end for the Kirtland Community College women's basketball team Friday, March 6.

The Firebirds, after posting the best regular season record in the program's nine-year history at 18-9, lost 92-67 in a first-round matchup at the National Junior College Athletic Association District "H" Women's Basketball Tournament to the tournament's host, the Owens Community College Express (18-12 overall).

Kirtland missed out at making the trip to the Michigan Community College Athletic Association's postseason tournament, despite tying St. Clair County Community College at 12-6 in Eastern Division play. The Firebirds finished fifth in the division standings after losing a tie-breaker to St. Clair, with only the top four teams advancing to

play in the league tournament.

Kirtland had hoped to make a postseason run in the NJCAA's Division II tournament. Poor shooting against Owens on Friday, however, stopped the run before it really even started.

Kirtland hit just 10 of 32 shots (31.3 percent) in the first half, falling behind the host Express 41-24 at the break. That included connecting on just 1 of 14 attempts (7.1 percent) from behind the three-point line.

"We had the shots," said Kirtland head coach Tom Ritter. "They just didn't go in."

The Firebirds shot somewhat better after the intermission, scoring 43 points on 13 of 38 (34.2 percent) shooting from the floor. Kirtland did well at the free-throw line, hitting 19 of 26 (72.7 percent) for the game.

But that wasn't enough, as Owens earned the win and advanced to a semifinal

matchup with Oakland Community College.

"Our shooting was off," Ritter added. "It didn't matter - inside or outside."

While the Firebirds struggled, the Express didn't. Owens connected on 53.1 percent (34 of 64) from the floor, including an impressive 42.1 percent (8 of 19) from behind the three-point arch.

But Friday's season-ending loss didn't tarnish an outstanding effort by sophomore guard Kaylon Leslie (Whittemore-Prescott). In her last game for the Firebirds, Leslie scored a team-high 29 points to go with five steals, three assists and one rebound.

Sophomore forward-center Whitney Bonham (Evart) was the only other Kirtland cager to tally double digits and had the team's only double-double, with 10 points and 10 rebounds.

Other contributors for

Kirtland (18-10 overall) included: Jo'ell Cruse (Inland Lakes/Indian River), 9 points, 2 steals, 1 board; Kassi McConnell (Clare), 7 points, 2 rebounds, 2 assists, 2 steals; Brooke Robinson (Standish-Sterling Central), 5 points, 2 rebounds, 2 assists, 2 steals; Katie Shea (Clare), 4 points, 3 boards; Joyana Englehart (Atlanta), 2 points and 2 rebounds; Indigo Szubelak (Fairview), 1 point, 1 rebound.

Sophomore guard Unique Lane (Xenia, Ohio) helped lead the Express with a game-high 31 points, 10 rebounds, three blocked shots and two assists.

For more information on Kirtland athletics, visit online at firebirds.kirtland.edu or call 989-275-5000, extension 385. Complete results for the NJCAA District "H" tournament may also be found online at <http://mccaa.org/disthwkballtourn.htm>.

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Friday Mixed Doubles

Fred's of Rosco 57 - 27

Last Call 50 - 34

McDonald's 45 - 39

Legion 43.5 - 40.5

Double Trouble 40 - 44

L & L Hauling 39.5 - 44.5

Canadian Steak 39 - 45

Miller Spillers 22 - 62

High Series Women: S.

Johnson, 522; C. Brannan,

506; D. Periard, 474. High

Game Women: C. Brannan,

196; K. Moshier, 191; S.

Johnson, 180. High Series

Men: P. Benardo, 623; D.

Wallace, 586; S. Pittman,

579. High Game Men: P.

Benardo, 248; D. Wallace,

222; S. Pittman, 219.

Thursday Morning Coffee

Bill's Harem 23.5 - 12.5

Misfits 22 - 14

Three Amigos 21.5 - 14.5

Rosebuds 20 - 16

Pin Slayers 17.5 - 18.5

Snow Tops 14.5 - 21.5

Ladybugs 14 - 22

Casino Bums 11 - 25

High Series Women: N.

Glasslee, 507; I. Cosgray,

466; H. Stairs, 456. High

Game Women: N. Glasslee,

196; H. Stairs, 187; I.

Cosgray, 172. High Series

Men: B. Hollis, 563; P.

Faustman, 525; M. Brown,

504. High Game Men: B.

Hollis, 247; M. Brown, 188;

P. Faustman, 179.

Sunday Mixed Doubles

Team Shockers 64 - 13

Spikes #2 50 - 27

Salon Rue 46 - 31

Hard Balls 40 - 37

Spikes #1 38 - 39

Growlers 28 - 49

AJD 22 - 55

GrayRock Cafe 20 - 57

High Series Men: J. Thayer,

627; T. Sheldon, 576; D.

Ray, 575. High Game Men:

J. Thayer, 225; D. Ray, 214;

D. Kichoff, 197. High

Series Women: A. Ray, 507;

C. Sheldon, 485; L. McKee,

448. High Game Women:

A. Ray, 187; L. Mead, 171;

C. Sheldon, 170.

Senior League

Dana Transport 29 - 15

Gaylord Electric 26 - 18

Spikes 26 - 18

Flowers By Josie 24 - 20

Bear's Den Pizza 22 - 22

Kicking Grass 18 - 26

Sylvester's Sports 17 - 27

Lone Pine 14 - 30

High Series Women: C.

Clark, 522; I. Cosgray, 508;

H. Stairs, 415. High Game

Women: I. Cosgray, 202;

C. Clark, 198; I. Cosgray,

171. High Series Men: P.

Faustman, 582; B. Hollis,

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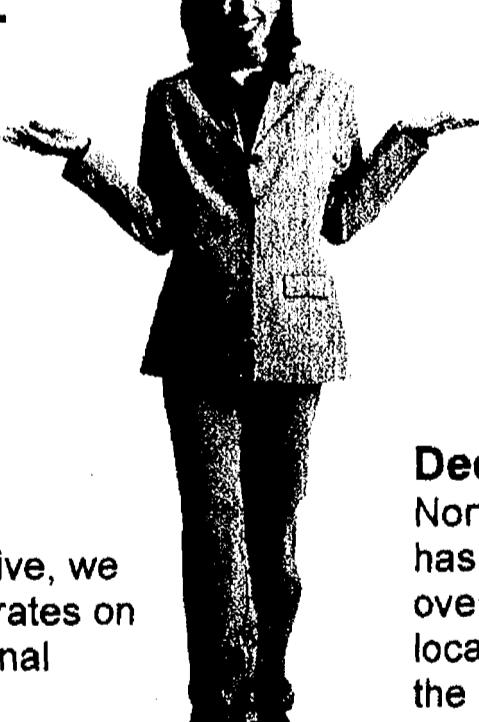
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Legal Action

STATE OF MICHIGAN 46TH JUDICIAL CIRCUIT COURT - FAMILY DIVISION CRAWFORD COUNTY NOTICE TO PUTATIVE FATHER

CASE NO. 07-3557-NA

PETITION NO. 01

In the matter of Amelia Wood, DOB: 11/27/2006

TO: "Unknown Father"

Amelia Wood was born on 11/27/2006 at West Branch Regional Medical Center in West Branch, Michigan

The mother of the child is Brie Judge

A petition requesting the court to take jurisdiction of this child has been filed with this court.

The court has received information that you may be the natural father of the child.

You must appear at Crawford County Courthouse, Grayling, MI on 4/09/2009 at 9:00 a.m. to state your interest, if any, in the child.

Your failure to appear at this hearing: a) is a denial of your interest in the child, b) is a waiver of notice for all subsequent hearings, c) is a waiver of a right to appointment of an attorney, and d) could result in termination of whatever rights you may have to the child.

03/09/2009

-19

NOTICE OF HEARING AND NOTICE TO APPEAR

TO: TOSHIA BUTTS
IN THE MATTER OF: NOAH HELSEL, DOB: 08/09/2001; MAKENZIE HELSEL, DOB: 10/24/2002; LEVI HELSEL, DOB: 05/30/2005

CASE NO. 09-3717-NA

DATE OF HEARING: 04/09/2009, TIME OF HEARING: 1:15 p.m.

LOCATION: 46th Circuit Trial Court - Crawford County 200 W. Michigan Ave., Grayling, MI 49738

Toshia Butts is hereby advised that there will be a trial to determine whether or not the court will take jurisdiction over minor children, Noah Helsel, Makenzie Helsel, and Levi Helsel. Further, Toshia Butts is advised that she has a right to an attorney, and a right to a trial, by a Judge or by Jury. Additionally, Toshia Butts is advised that this hearing could result in the termination of her parental rights over said minor children.

-19

Meeting adjourned at 9:12 p.m.

NOTICE OF MORTGAGE FORECLOSURE SALE

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and/or assigns, Mortgagor, dated

February 1, 2007, and recorded on

March 7, 2007 in Liber 685 on Page

595, and modified by Affidavit or

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Chase Home Finance LLC, as assignee,

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Under the power of sale contained

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some part of them, at public vendue,

at the place of holding the circuit

court within Crawford County,

at 10:00 AM, on April 8, 2009.

Said premises are situated in

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Hill Park, Township of Grayling,

Crawford County, Michigan, according to the plat

thereof as recorded in Liber 01 of

Plats, Page 27 Crawford County

Records.

The redemption period shall be 6

months from the date of such sale,

unless determined abandoned in

accordance with MCLA 600.3241a,

in which case the redemption period

shall be 30 days from the date of

such sale.

Dated: March 5, 2009

For more information, please call:

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Attorneys For Servicer

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File #249668F01

ing the required physical. Ayes:

Four. Nays: One. Motion passed.

Motion by Luck, and seconded by George, to forward South Branch Township Ordinance No.9 & 9A to the attorney for review. Ayes: Four. Nays: One. Motion passed.

Motion by Luck, and seconded by Kozlowski, to accept the proposal from M.C. Planning & Design for work to be done on the Zoning Ordinance and to pay invoice in the amount of \$620.00 from them. Ayes: All. Nays: None. Motion passed.

Motion by Luck, and seconded by Kozlowski, to approve the appointment of M. Gurnow to the Planning Commission for a three year term. Ayes: All. Nays: None. Motion passed.

Motion by Luck, and seconded by Musselman, to approve the re-appointment of Todd Jansen and Rich Schoenfeld to the Z.B.A. for another three year term. Ayes: All. Nays: None. Motion passed.

Motion by Kozlowski, and seconded by Luck, to approve appointment of an alternate member to serve on the Z.B.A. Ayes: All. Nays: None. Motion passed.

Motion by Janisse, and seconded by Luck, to approve the invoice from the attorney in the amount of \$724.00. Ayes: All. Nays: None. Motion passed.

Motion by Janisse, and seconded by Luck, to adopt by resolution the amendments to the 2008/2009 Budget as presented. Roll call vote: Janisse - Aye, Musselman - Aye, Luck - Aye, Kozlowski - Aye, George - Aye. Ayes: All. Nays: None. Motion passed.

Motion by Luck, and seconded by Kozlowski, to adopt by resolution the South Branch Township General Appropriations Act, the Annual Meeting Schedule for 2009 - 10, the designated depositories for Township funds, and the Wages and Salaries for 2000-10 as presented. Roll call vote: George - Aye, Kozlowski - Aye, Luck - Aye, Musselman - Aye, Janisse - Aye. Ayes: All. Nays: None. Motion passed.

Motion by Luck, and seconded by Janisse, to approve payment of invoices from Burnham & Flower for the South Branch Township Group Pension Plan in the amount of \$14,631.95 and \$207.29 for plan year 2009. Ayes: All. Nays: None. Motion passed.

Motion by Kozlowski, and seconded by Musselman, to authorize the Treasurer to collect the 2009 Summer Taxes for Gerrish Higgins Schools at a cost of \$2.40 per parcel.

Motion by Luck, and seconded by George, to approve for payment to invoice in the amount of \$16,256.00 from the Municipal Underwriters of Michigan for insurance coverage for 2009/2010. Ayes: All. Nays: None. Motion passed.

Motion by Luck, and seconded by Musselman, to authorize the Treasurer to collect the 2009 Summer Taxes for Gerrish Higgins Schools at a cost of \$2.40 per parcel.

Motion by Luck, and seconded by George, to approve for payment to invoice in the amount of \$16,256.00 from the Municipal Underwriters of Michigan for insurance coverage for 2009/2010. Ayes: All. Nays: None. Motion passed.

Motion by Luck, and seconded by Janisse, to accept agenda as presented. Ayes: All. Nays: None. Motion passed.

Motion by Musselman, and seconded by Janisse, to accept consent agenda, February Regular Meeting Minutes, bills and invoices paid, and projected bills for March, and the Treasurer's Report as presented. Ayes: All. Nays: None. Motion passed.

Motion by Musselman, and seconded by Janisse, to approve the following purchases by the Fire/EMS Dept., 800 MHZ Radio at \$1,192.18, Scab Bottle at \$385.00, and ITM Training for four members at \$680.00. Ayes: Four. Nays: One. Motion passed.

Motion by Kozlowski, and seconded by Luck, to approve the South Branch Township Fire & EMS Ambulance Signature Form for use by Fire/EMS. Ayes: All. Nays: None. Motion passed.

Motion by Janisse, and seconded by Musselman, for the Chief to apply for the DNR Wildfire Protection Plan Grant with the stipulation that there be no cost incurred by the township. Ayes: Four. Nays: One. Motion passed.

Motion by Kozlowski, and seconded by Janisse, to accept the application of Dennis McDonald to the Fire/EMS Dept., pending his pass-

some part of them, at public vendue, at the place of holding the circuit court within Crawford County, at 10:00 AM, on April 1, 2009.

Said premises are situated in Township of Grayling, Crawford County, Michigan, and are described as: The East 1/2 of the North 1/2 of the South 1/2, South 1/2 of the Southeast 1/4 of the Northwest 1/4 of Section 8, Town 26 North, Range 2 West. The redemption period shall be 6 months from the date of such sale, unless determined abandoned in accordance with MCLA 600.3241a, in which case the redemption period shall be 30 days from the date of such sale.

Dated: February 26, 2009
For more information, please call: FC S 248,593,1304

Trott & Trott, P.C.

Attorneys For Servicer

31440 Northwestern Highway,

Suite 200

Farmington Hills, Michigan 48334-

2525

File #246544F01

-26-5-12-19-26

NOTICE OF MORTGAGE FORECLOSURE SALE

THIS FIRM IS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION WE OBTAIN WILL BE USED FOR THAT PURPOSE. PLEASE CONTACT OUR OFFICE AT THE NUMBER BELOW IF YOU ARE IN ACTIVE MILITARY DUTY.

ATTN PURCHASERS: This sale may be rescinded by the foreclosing mortgagee. In that event, your damages, if any, shall be limited solely to the return of the bid amount tendered at sale, plus interest.

MOTION BY LUCK, AND SECONDED BY KOZLOWSKI, TO APPROVE THE PROPOSAL FROM M.C. PLANNING & DESIGN FOR WORK TO BE DONE ON THE ZONING ORDINANCE AND TO PAY INVOICE IN THE AMOUNT OF \$620.00 FROM THEM. AYES: ALL. NAYS: NONE. MOTION PASSED.

MOTION BY LUCK, AND SECONDED BY KOZLOWSKI, TO APPROVE THE APPOINTMENT OF M. GURNOW TO THE PLANNING COMMISSION FOR A THREE YEAR TERM. AYES: ALL. NAYS: NONE. MOTION PASSED.

MOTION BY LUCK, AND SECONDED BY KOZLOWSKI, TO APPROVE THE RE-APPOINTMENT OF TODD JANISSE AND RICH SCHOENFELD TO THE Z.B.A. FOR ANOTHER THREE YEAR TERM. AYES: ALL. NAYS: NONE. MOTION PASSED.

MOTION BY KOZLOWSKI, AND SECONDED BY LUCK, TO APPROVE THE INVOICE FROM THE ATTORNEY IN THE AMOUNT OF \$724.00. AYES: ALL. NAYS: NONE. MOTION PASSED.

MOTION BY LUCK, AND SECONDED BY KOZLOWSKI, TO ADOPT BY RESOLUTION THE AMENDMENTS TO THE 2008/2009 BUDGET. AYES: ALL. NAYS: NONE. MOTION PASSED.

MOTION BY LUCK, AND SECONDED BY KOZLOWSKI, TO APPROVE THE PAYMENT OF INVOICES FROM BURNHAM & FLOWER FOR THE SOUTH BRANCH TOWNSHIP GROUP PENSION PLAN IN THE AMOUNT OF \$14,631.95 AND \$207.29 FOR PLAN YEAR 2009. AYES: ALL. NAYS: NONE. MOTION PASSED.

MOTION BY LUCK, AND SECONDED BY KOZLOWSKI, TO APPROVE THE PAYMENT OF SUMMER TAXES FOR GERRISH HIGGINS SCHOOLS AT A COST OF \$2.40 PER PARCEL. AYES: ALL. NAYS: NONE. MOTION PASSED.

MOTION BY LUCK, AND SECONDED BY KOZLOWSKI, TO APPROVE THE PAYMENT OF SUMMER TAXES FOR GERRISH HIGGINS SCHOOLS AT A COST OF \$2.40 PER PARCEL. AYES: ALL. NAYS: NONE. MOTION PASSED.

MOTION BY LUCK, AND SECONDED BY KOZLOWSKI, TO APPROVE THE SIGNATURE FORM FOR USE BY FIRE/EMS. AYES: ALL. NAYS: NONE. MOTION PASSED.

MOTION BY LUCK, AND SECONDED BY KOZLOWSKI, TO APPROVE THE DNR WILDFIRE PROTECTION PLAN GRANT WITH THE STIPULATION THAT THERE BE NO COST INCURRED BY THE TOWNSHIP. AYES: ALL. NAYS: ONE. MOTION PASSED.

MOTION BY KOZLOWSKI, AND SECONDED BY JANISSE, TO ACCEPT THE APPLICATION OF DENNIS McDONALD TO THE FIRE/EMS DEPT., PENDING HIS PASS-

est.

Features

www.crawfordcountyavalanche.com

A LOOK AT OUR PAST FROM THE PAGES OF THE AVALANCHE

23 Years Ago

March 20, 1986

The city of Grayling is expected to spend about \$275,000 this year for its annual street improvement program. This is the 14th year of the city's street program and the main project this year is an 11 block area on the north side of town. Four blocks of Smith Street, from Maple Street to North Down River Road, is slated for underground storm drains and paving. The other streets scheduled are two blocks of Park Street, from Vine to the I-75 Business Loop, two blocks of Elm Street, from Vine to North Down River Road and one block of Erie Street, from Vine to North Down River Road. If the bids for the main project come in low enough, the city has three alternate projects slated.

Crawford County Commissioners are considering a proposal that would upgrade the capability of the Crawford County ambulance corps, following a presentation made by officials at Mercy Hospital, Grayling, during last Tuesday's commissioners meeting. The Mercy Hospital proposal encouraged county commissioners to participate on a Medical Control Authority Board for Crawford and Roscommon counties and upgrade the county ambulance corps to

provide limited advanced life support services.

Twelve Grayling Middle School wrestlers won medals at the eight school tournament at Charlevoix. Andy Moore, Frank Wildfang, Eric Breitfield, Danny Springer and Brian Sprague all took first place. Eric Bonamie and Mick McKinney took second place while Mike Tremblay, Frank Hartwick, Matt Branch, Todd Thorsen and Brian Shepard took third.

Two Grayling Vikings, Tom Bacon and Todd Hull, were named to the Michigan Huron Shores All-Conference team in basketball.

Fred's handled U.S. Plywood easily, scoring 63-34 to win their third game in a row and finish 5-5 for the year in the Gaylord Basketball League. Fred's was never threatened as Dan Beckwith led them with 15 points, Dave Narlock with 14, Phil Trudgeon with 13, Doug Kuhn with 8, Lou Middleton with 5, and Jeff Kolka and Dean Smith with 4. The Spike's team came back from five points down with a minute to go to tie the game at the end of regulation. In overtime, Spike's had another chance to tie the game and go into double overtime, but three shots went in and out before the buzzer. John Thompson led Spike's with 30, Jim Tobin with 15, Dale Papendick with 9, Louie Madill with 8, Mike Kucharek with 8, Jim Stewart with 7, Tom Coors

with 6, Dave White with 5 and Scott Hamlin with 4. Spike's finished 5-5 for the year.

46 Years Ago

March 21, 1963

Tim Neal, Grayling's high scoring forward of the past season, was honored with an honorable mention on the All State High School basketball team named by the Detroit Free Press.

A group from the Grayling Sportsman's Club drove to Bay City last week in a truck donated by Jack Millikin to pick up six tons of government surplus corn to be used for deer feeding. The corn was brought to Thane Hendershot's warehouse and put into bags and then taken to the Grayling Gulf station for distribution. This corn will help the deer get through the last and usually critical weeks of winter and early spring.

The Jolly Gals Home Extension group February meeting was held at the home of Mrs. Thelma Bebow. The lesson was on making plaques of plastic tiles and aluminum pie plates. The March meeting was held at the home of Mrs. Leroy Christian. Various projects on handwork were discussed and samples were shown. A short lesson on formal, buffet and informal dinners was given.

69 Years Ago

March 21, 1940

Grayling's new electric light and power plant went into operation Monday on a

partial scale. Street lights were the first to be connected and this was followed rapidly by connections with private residences, businesses and industrial places.

A.J. Clark and family have moved from the Amos Hunter house on Cedar Street to the Mrs. B.A. Cooley apartments.

Amos Hunter has purchased property on US-27, next to the Harwood grocery and owned by Miss Florence Taylor. He will raze the building that is now on the property and in its stead will build an up-to-date building to house his creamery business.

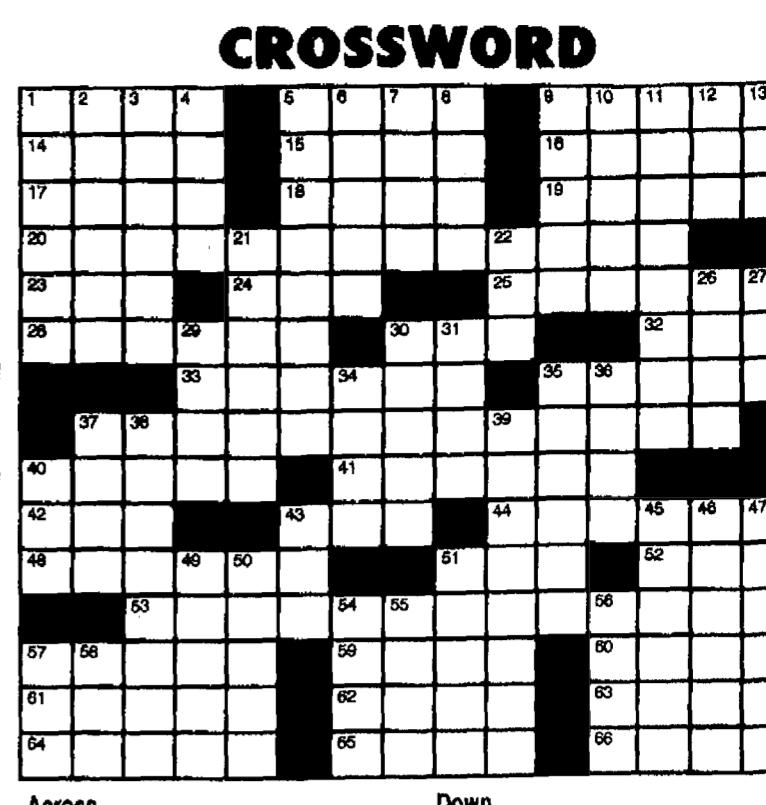
Menno Corwin and Care Smith have purchased an Aeronca airplane, buying it from a party in Glennie. They are busy getting it assembled and ready for flying. Both fellows are members of the Grayling Flying Club and are full-fledged flyers.

92 Years Ago

March 22, 1917

The Grayling basketball team defeated the Ann Arbor team 20 to 16 in the first game of the championship series.

Mr. and Mrs. T.W. Hanson and family moved into their new home the first of the week. It is one of the most complete and modern homes in northern Michigan and is a splendid addition to Peninsular Avenue.



Across

1. Level
5. Little lies
9. Atlas enlargement
14. Color quality
15. Comrade in arms
16. Spa feature
17. Advocate
18. Synonym for the city of Jerusalem
19. Cavalry weapon
20. Credit extended by a business to a customer
23. Comedian Bill, informally
24. "ER" network
25. Plan
28. Daniel of Nicaragua
30. "Awesomel"
32. Oolong, for one
33. Small book usually having a paper cover
35. Add up
37. Injured
40. Seventh heaven
41. Lose
42. Propel, in a way
43. "My boy"
44. Highly valued lean flesh of marine or freshwater mullet
48. Remove an organ
51. "Get ____!"
52. "Act your ____!"
53. Inquiry into questionable activities
57. Hindu princesses
59. 5th power of 10
60. Mine entrance
61. Corpulent
62. "Not on ____!" ("No way!")
63. Charge
64. Military wear
65. Hide well
66. Chooses, with "for"

Down

1. Building material
2. Intense aversion
3. Swallow
4. Fitting reward
5. Pitch thrown with maximum velocity
6. ____ artery
7. Alliance
8. Harmony
9. Any Time
10. Leavened bread baked in a clay oven in India
11. Secondary or explanatory title
12. Charlotte-to-Raleigh dir.
13. Toni Morrison's ____ Baby"
21. Metal cast in the shape of blocks for convenient handling
22. "That's ____..."
26. Neuter
27. "Uh-uh"
29. New news
30. Gum
31. Parentheses, e.g.
34. Audition tape
35. Kind of cente
36. Derived from an aromatic hydrocarbon by removal of a hydrogen atom
37. Give away
38. Frequent flier
39. Sovereign
40. Constrictor
43. "Didn't I tell you?"
45. Ill and confined
46. Altruist's opposite
47. ____ place
49. Biscotti flavoring
50. Image maker
51. Foot traveler
54. Concrete section
55. Forbidden: Var.
56. Hawaiian tuber
57. Burgle
58. "How to Succeed in Business Without Really Trying" librettist
- Burrows

SUDOKU

RULES: Fill all empty squares so that the numbers 1 to 9 appear once in each row, column and 3x3 box.

		7	8	5	6	2
2				4	9	
	1		2			
3				1	2	9
6					8	
8	2	1			5	
				3	1	
	3	5				8
5	4	9	1	8		

Generated by <http://www.openpuzzles.com/> on Tue Mar 25 19:22:07 2008 GMT. Enjoy!

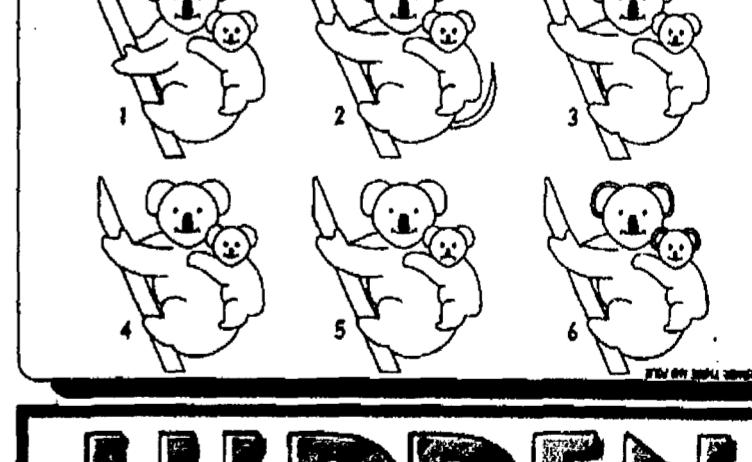
(PUZZLE #38 Easy, Difficulty Rating 0.35)

ANSWERS IN THE CLASSIFIEDS

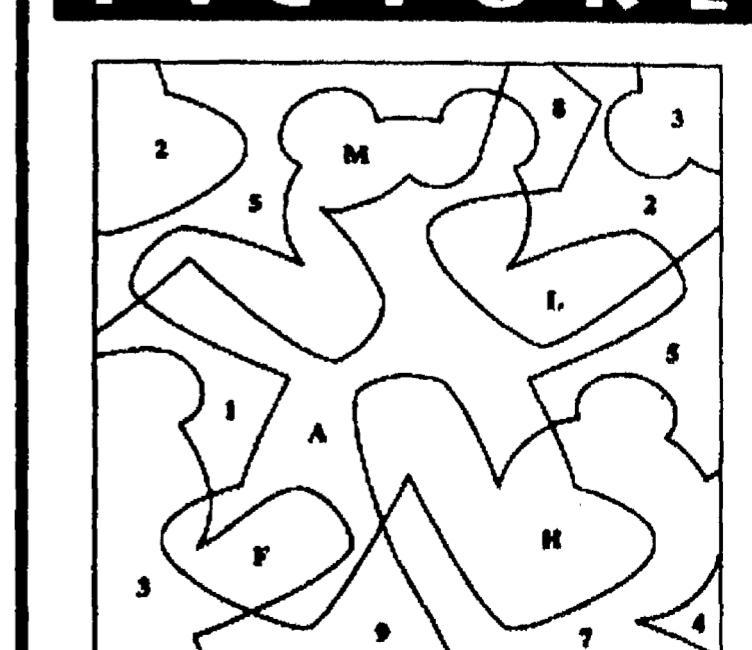


FIND THE TWINS

WHICH TWO ARE EXACTLY ALIKE?



HIDDEN PICTURE



Color in each space that contains a letter.

ADOPT A PET

WE'RE OVERLOADED! The animal shelter is currently very full of animals in need of loving homes, just like yours. Help these very adoptable pets find homes, adopt today! Visit our web site for more information.



Pixie

Pixie is a sweet little Pit Bull mix. She is about two years old and really affectionate. Pixie gets along with other dogs as long as they don't get too playful with her. She is quiet, easy to get along with and appears to be housebroken. This little girl weighs under 35 pounds, is spayed, vaccinated and microchipped. She just needs a good home.

Visit us at: www.usablevalleyanimalshelter.org

Ausable Valley Animal Shelter

5786 Fairground Lane, Grayling

Hours: Open 10 to 3 pm Monday through Saturday, 10 to 12 pm on Sundays and Holidays

After hour appointments available. Call (989) 348-4117

For more pets or more information, visit our web site www.usablevalleyanimalshelter.org

RECIPE OF THE WEEK

SUPREME SALAD

Ingredients:

- 4 pints mixed salad greens
- 2 cups ham, julienne sliced
- 16 asparagus spears, trimmed, cooked and chilled
- 2 cups red or yellow cherry or teardrop tomatoes
- 4 hard-cooked eggs, peeled and quartered
- 1/4 cup fresh tarragon, chopped
- 1/4 cup extra virgin olive oil
- 2 Tbsp. balsamic or raspberry vinegar
- 1 clove garlic, minced
- 1/2 tsp. salt
- 1/4 tsp. freshly ground black pepper

Directions: Arrange greens over four large plates or bowls. Arrange ham, asparagus, cherry tomatoes and eggs over greens. Sprinkle tarragon over salads. Combine oil, vinegar, garlic, salt and pepper; mix well. Drizzle the dressing over salad.

Makes: 4 servings

WEATHER

Courtesy of the City of Grayling

Last Week

Snow

Date H L inches

3/10 42 21 0

3/11 41 31 0

3/12 32 9 .25

3/13 19 -9 0

3/14 32 -10 0

3/15 44 16 0

3/16 52 16 0

Extended Forecast

(Courtesy of the Weather.com)

Thursday

Friday

Saturday

Sunday

Monday

Tuesday

High

High

High

High

High

High

Low

Low

Low

Low

Low

Low

Cloudy

Cloudy

Cloudy

Few Showers

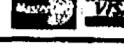
Mostly Cloudy

Cloudy

Classified

www.crawfordcountyavalanche.com

Classifieds must be paid for in advance
Display Advertising Rate - \$8 per column inch
Deadline for Display Classifieds - Noon, Monday
Classifieds by the word rates - \$6 for 15 words or
less, 10¢ per each additional word; includes
Internet listings: www.crawfordcountyavalanche.com
Classified by the word deadline - Noon, Tuesday



1. Real Estate

2-3 BEDROOM 2 bath, year round ranch in peaceful setting, on maintained road, near lakes and snowmobiling. 2482 Sandy Trail, south off M-72, 7.3 miles east of Grayling, price reduced. (586) 446-0004, (586) 713-7500. (6/22/06tf/1)

4 BEDROOM 2 bath home. Great fixer-upper, double lot fenced in, one car garage. Selling for \$66,000 firm. 390-9130. (-19/1)

2. For Rent

SMALL 2 BEDROOM HOUSE Located 10 minutes from Grayling off M-72 West. \$460 a month plus utilities and deposit. Call 231-275-6887. (-19/2)

WHISPERING PINES APARTMENTS Whispering Pines Apartments is currently accepting applications for beautiful 1 & 2 bedroom apartments. Rent is based on 30% of your income; low to moderate incomes are welcome. Barrier free apartment waiting list is currently open. These apartments offer a patio, walk-in closets, air conditioning, garbage disposal, window treatments, neutral decor, and spacious living areas. Free heat and free hot water. For a personal showing please call Jerry @ (989) 344-0020.

Equal Housing Opportunity. TDD 1-800-649-3777.

Grayling Pines Apartments is currently accepting applications for beautiful 1 & 2 bedroom apartments. Rent is based on 30% of your income; low to moderate incomes are welcome. Barrier free apartment waiting list is currently open. These apartments offer a patio, walk-in closets, air conditioning, garbage disposal, window treatments, neutral decor, and spacious living areas, also a very nice playground area. Free heat and free hot water. For a personal showing please call Jerry @ (989) 344-0020. Equal Housing Opportunity. TDD 1-800-649-3777.

1. Real Estate

2. For Rent

MOBILE HOMES 4 RENT 2 and 3 bedroom, \$425 and up. Also, trailers for sale. 348-5278. (9/28/06tf/2)

SENIOR APARTMENTS AVAILABLE at The Brook Retirement Communities. Offering Independent and Assisted Living. Lots of amenities, activities, beautiful surroundings and affordable living. Communities located in: Houghton Lake (989) 422-7200 Roscommon (989) 275-4000, West Branch (989) 343-1400, Gladwin (989) 426-8700. Call or stop by today for a personalized tour. (5/10/2007tf/2)

FULLY FURNISHED 800 sq. ft. home near Camp Grayling at Lake Margrethe, daily, weekly, monthly, spotless clean, temporary workers, vacation. Call 989-348-8627. (-12-19-26-2/2)

EFFICIENCY CABINS close to town. One \$375 per month, \$375 security, \$50 cleaning fee. Utilities not included and no pets. One \$370 per month, \$370 security, \$50 cleaning fee. Utilities included and no pets. 989-348-5124. (-19/2)

COMMERCIAL BUILDING FOR RENT Lots of parking, stand alone structure and good location. 989-348-8471. (1/15/09tf/2)

FURNISHED EFFICIENCY CABIN in a quiet country setting on the AuSable River. Included in rent, all utilities, trash removal, snow removal and dish network. This cabin is ideal for 1-2 adults, no pets. Call 348-8350. (3/12/09tf/2)

3. Employment

INSTRUCTOR, SURGICAL TECHNOLOGY: Kirtland Community College in Roscommon, Michigan is seeking qualified applicants to fill a full-time faculty position for surgical technology. For complete details regarding the position and minimum qualifications, visit our website at www.kirtland.edu/hr/jobs/surgtech.htm. Application deadline Thursday, April 9, 2009. Equal Opportunity employer.

2. For Rent

RIVERVIEW SENIOR APTS. 306 Knight St. in Grayling has one bedroom units available. Rent based on income. Community room and laundry area for residents use. Send this ad and your second month is free. Applications at office on site or by calling 1-800-225-7982. Managed by Stratford Group Ltd., 442 W. Baldwin, Alpena, MI 49707. Equal Housing Opportunity. TDD# 1-800-855-1155. (-12-19-26-2/2)

RIVER FOREST APARTMENTS Hannah and Ballenger Street in Roscommon has 1, 2 and 3 bedroom units available for immediate occupancy by eligible applicants. Rent is based on income. Laundry and play areas on site. Send this ad and your second month is free. Applications on site or call 1-800-225-7982. Managed by Stratford Group Ltd., 442 W. Baldwin, Alpena, MI 49707. Equal Housing Opportunity. TDD# 1-800-855-1155. (-10/2/08tf/2)

BEAUTIFUL FULLY FURNISHED Luxury apartment in downtown Grayling on the AuSable River. 2 bedrooms, 2 bathrooms. Open living room design. \$900 a month plus utilities. Includes all lawn maintenance and snowplowing. 989-370-1290. (-12-19-26-2/2)

2. For Rent

MOBILE HOME AND CABINS at Lost Acres. 1 room cabin #1, \$275, free utilities. 2 bedroom mobile homes, \$375, plus utilities. 11004-11010 N. Old US 27, no pets. 1-877-227-6976 or Mike at 231-590-3699. (3/19/09tf/2)

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3. Employment

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2. For Rent

3. Employment

PRESCHOOL TEACHER

Grayling Cooperative Preschool is recruiting for a part-time preschool teacher for next school year starting September 2009. Duties include planning, implementation and evaluation of classroom instruction for 3 and 4 year olds. Requirements include a bachelor's degree in early childhood education or child development. Interested persons should call 344-0958 for application packet.

3. Employment

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3. Employment

1. Real Estate

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RIVER COUNTRY REAL ESTATE, INC.

5688 M-72 West • Grayling MI 49738

989-348-5474

View all our listings with many photos of each listing on our website:

www.century21grayling.com

Nice 3 bedroom family home on a double lot across the street from the elementary school. Fabulous fenced/landscaped back yard and a garage that will make any hobbyist happy. Entertain in this wonderful home. Walk downtown, elementary school, middle school, hospital, everything. Have a look. Appliances (except Dishwasher) are excluded from sale. #6087 \$109,000

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8. Announcements

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7. Miscellaneous

8. Announcements

9. Personals

10. Garage Sales

11. Automotive

12. Classifieds

13. Births

14. Deaths

15. Weddings

16. Birthdays

17. Anniversaries

18. Pet Memorials

19. Pet Births

20. Pet Deaths

21. Pet Weddings

22. Pet Birthdays

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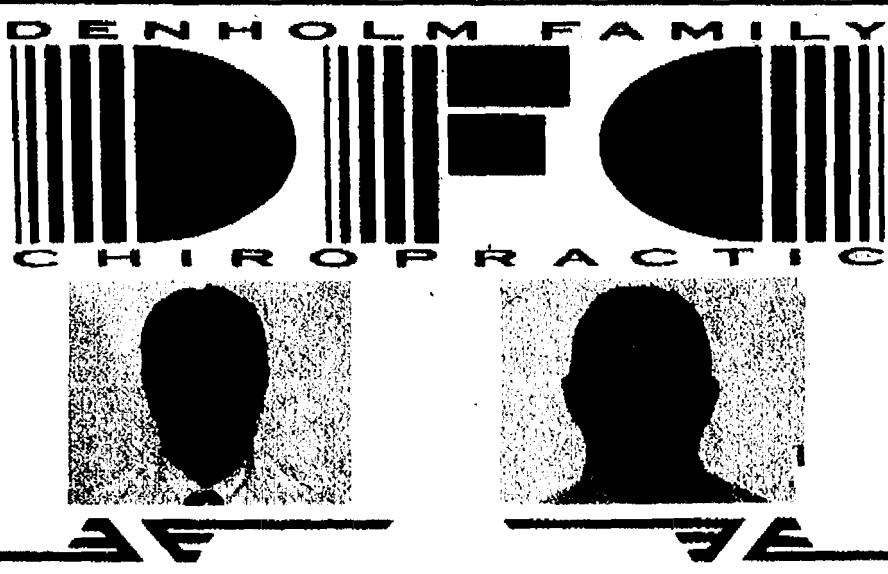
68. Pet Anniversaries

69. Pet Memorials

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Smart tips for healthy eating

(ARA) — Food can make you healthier — if you make good choices. It can seem hard to make healthy food choices, particularly if you are on a budget and short on time. But there are some simple steps you can take to help you and your family eat healthier.

Build a Healthier Plate

Use a grocery list when shopping for food to help you choose more fresh vegetables, fruits, and whole grains. Buy leaner meats (such as chicken, turkey, and lean cuts of pork or beef such as sirloin or chuck roast) and lower fat dairy products like low-fat or non-fat (skim) milk and yogurt. Buy whole grain breads and cereals. Save money by buying less soda, sweets and chips or other snack foods. Remember that special "dietetic" or "diabetic" foods often cost extra money and may not be much healthier than simply following the suggestions given here.

Also, watch the size of your portions. You may find that you are used to eating portions that count as two or more servings. It helps to be able to "eyeball" portion sizes. Here are some guides:

- Meat, fish, and poultry: 3 ounces, or about the size of the palm of your hand or a deck of cards.
- Cheese: 1 ounce, or about the size of your thumb.
- Fresh vegetables, milk and yogurt: 1 cup, or about the size of a tennis ball.
- Bread: one slice.

Easy Ways to Make Smart Food Choices



Set aside some time to plan your weekly meals. It may seem like a hassle at first, but having a plan (and writing your grocery list with it in mind) can save you time, stress, and a lot of extra trips to the store.

There are lots of ways you can make smart choices about your own and your family's eating habits. According to Ann Albright, PhD, RD, president, Health Care and Education of the American Diabetes Association, "One of the most important things you can do to start eating more healthfully is to pick one or two not-so great items you eat frequently and find a more nutritious substitution for those. If you start with foods you eat more frequently, then the change will pack a bigger punch."

Shop Smart

- Set aside some time to plan your weekly meals. It may seem like a hassle at first, but having a plan (and writing your grocery list with it in mind) can save you time, stress, and a lot of extra trips to the store.
- Stock your pantry with plenty of healthy basics, including brown rice, whole grain pasta, crackers and cereals. Remember that fresh fruits and vegetables are usually healthier than canned or frozen, but it is better to have canned or frozen fruits or vegetables than none at all! When you run out, put the items on your grocery list so you'll always have them on hand.
- Start meals with a salad or a broth or a tomato-based soup with lots of vegetables. This helps you eat more good-for-you veggies while filling you up before you get to the higher fat and calorie courses.

Make healthy snack foods easy to find in your kitchen. For example, when you get home from work or school, put some fresh carrots, grapes, or pretzels out on the counter instead of having bags of chips out.

- In restaurants, ask if meats can be grilled rather than fried, and request sauces and dressings on the side. Remember to choose fruits, salads, or other vegetables as side items, rather than French fries. Order a salad or soup to start and then share an entrée. Save money, and lots of calories, by skipping dessert.

Learn more about healthy eating and how it can help lower your risk for type 2 diabetes, heart disease, and stroke. Visit CheckUpAmerica.org or contact the American Diabetes Association at 1-800-DIABETES (1-800-342-2383) or AskADA@diabetes.org.

(Courtesy of ARAcontent)

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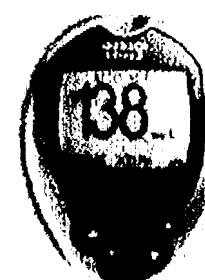
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Simple ways to reap the rewards of getting back to nature

(ARA) — Spring is just around the corner. How will you spend those extra hours of daylight? Longer spring days signal the perfect time to get outdoors, yet according to The Nature Conservancy, nature-related activities, such as fishing, hiking, and visits to public parks, have declined between 18 percent and 25 percent since 1981.

So what should you do with your time outdoors this spring? Back to Nature, creators of delicious food products made from simple, natural ingredients, and The Nature Conservancy have collaborated to bring you "The Backyard Guide to Nature" to help you enjoy, experience and explore nature.

Offering a range of fun, easy-to-do outdoor activities which can be done in your own neighborhood, whether urban, suburban or rural, "The Backyard Guide to Nature" helps to remind people that nature is within their reach, and that reconnecting with the world around you can be both easy and inspiring.

Here's a sample of the tips and activities you'll find in the Guide:

Enjoy Nature

- Start by doing just one thing in your backyard or neighborhood each week. Enjoy breakfast on your back deck or patio, read the morning newspaper or your book in the park, or try to spot different kinds of birds, trees or animals. Even try moving your exercise routine outside.

- Appreciate nature wherever you find it — look up at the sky more often, listen to the chirping birds, breathe in the fresh air or feel the rain on your face, or watch a sunset or sunrise.

Experience Nature

- Relive childhood camping experiences, and bond with your own family in a fun, educational way, by having a backyard



Relive childhood camping experiences, and bond with your own family in a fun, educational way, by having a backyard camping trip.

camping trip. Gather all the camping essentials, including a tent, sleeping bags, pillows, blankets, flashlights or lanterns, games, insect repellent and a camera to preserve the memories. Be sure to pack camping-friendly snacks and munchies.

- Gardening draws you closer to nature and all you need is a sunny spot on your deck, patio, yard or windowsill, a few containers, some potting soil and some seeds or seedlings. Try planting tomatoes, peppers, green onions, lettuce, radishes and herbs like rosemary, basil and thyme, which do well in potted containers.

- Watching and listening to birds is an easy, fun way to reconnect with nature. Attract a variety of birds to your yard with a bird feeder you make yourself. Simply spread peanut butter on pine cones, roll them in bird seed until they're covered, tie on a piece of string or ribbon and hang them outside to attract feathered friends to your backyard.

- Preserve some of the season's bright blooms for use in arts and crafts throughout the

year. Place flowers, arranged in a single layer, between sheets of tissue paper. Cover the top sheet with newspaper, then press the bundle beneath several heavy books for two to three weeks to remove all moisture. Use the dried flowers to decorate picture frames, cards, bookmarks and other crafts.

Explore Nature

- For a hands-on experience of nature, try a day trip to a working farm, look for a walking group or bird-watching group in your area, or gather a group of friends and head to a nearby hiking trail for a day of up-close-and personal nature.

- Pack up the family and take a scenic weekend drive through one of the country's glorious national parks or visit a Nature Conservancy preserve in or near your state. Visit www.nature.org to find an interactive map of preserves near you.

For more ideas on how to get back to nature, visit www.back-tonaturefoods.com to download your free copy of "The Backyard Guide to Nature."

(Courtesy of ARAcontent)



Gardening draws you closer to nature and all you need is a sunny spot on your deck, patio, yard or windowsill, a few containers, some potting soil and some seeds or seedlings.

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Tips to protect your mental health

Connect with someone • Get out of the house • Do nice things for yourself • Eat healthy • Exercise • Relax, meditate or pray • Go for a walk • Get creative - knit, paint, journal, bake, play music • Break tasks down into little goals • Allow others to help you and look for ways you can help others • Remember natural mood lifters such as sunlight and foods high in antioxidants such as dark chocolate, vegetables and fruits • Turn negatives into positives • Try one of the free programs below • Seek support

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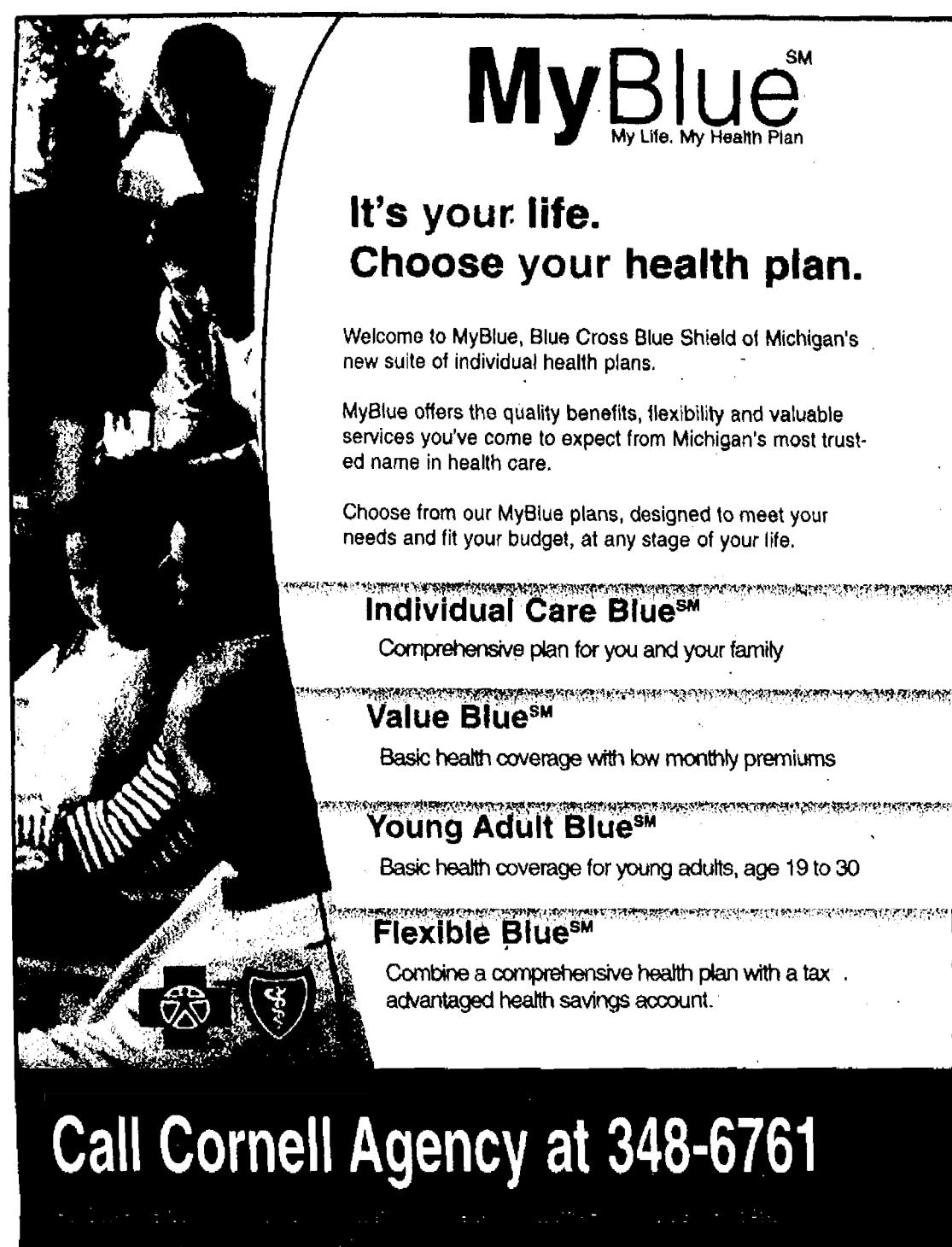


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Managing your cholesterol to prevent diabetes and heart disease

(ARA) — Want to lower your risk for type 2 diabetes and heart disease? Managing your cholesterol can help.

But cholesterol, a type of fat in your blood, can be confusing.

For example, one kind of cholesterol clogs your arteries. Another kind helps remove the bad cholesterol from your body. What do you really need to know to protect your health?

- Lower your bad cholesterol. Low-density lipoprotein (LDL) is the bad cholesterol that blocks your blood vessels. Try to keep your LDL cholesterol below 100 mg/dl.

- Raise your good cholesterol. High-density lipoprotein (HDL) is the good cholesterol that helps remove deposits from your blood vessels. Aim to raise your HDL above 60 mg/dl.

- Triglycerides raise your chances for a heart attack or stroke if your levels are too high. Aim for triglycerides lower than 150 mg/dl. Your doctor may also give you a "total" cholesterol number. A good total cholesterol goal is less than 200 mg/dl.

Why is managing cholesterol important?

"Dyslipidemia, or abnormal cholesterol levels, is a key risk factor for both type 2 diabetes and heart disease," says Dr. Michael Davidson, Director, Preventive Cardiology at the University of Chicago's Pritzker School of Medicine. "Keeping your cholesterol levels in check can lower your risk for both of these deadly diseases and help you live a longer, healthier life."

Your doctor can do a simple blood test to measure all your cholesterol numbers. If your levels are off, you're not alone: about one in four American adults face the same challenge. But many others have learned to achieve a healthy cholesterol balance—and you can, too. Their secret?

"The key is simple," Davidson says. "Healthy lifestyle changes lower LDL and raise HDL at the same time. Combining lifestyle changes with medicines, if necessary, is your best bet to manage cholesterol so you can live a longer, healthier life."

Here are five tips to help you manage your cholesterol:

1. Eat Smart. One simple way to lower your bad cholesterol is to eat fewer trans fats and high-cholesterol foods like egg yolks, fatty meats, butter and whole milk. You can also help your body absorb less bad cholesterol by eating foods that contain soluble fiber, such as oatmeal, kidney beans, yams and apples.

Other cholesterol-smart foods

are salmon, walnuts and olive oil. Eating as many vegetables, whole grains and fruits as you can will help you feel fuller longer and cut your cravings for less healthy snacks. Always check the "Nutrition Facts" labels on foods before you buy to see how they might help or hurt your cholesterol-lowering efforts.

2. Stay Active. You can raise your good cholesterol and lower the bad at the same time with exercise. To get this powerful benefit, exercise for 30 minutes a day, five days a week. And don't worry about going to the gym—walking briskly is just as effective. And you can head to the mall and walk there when the weather is bad. Or do house work or work in the yard. The key is to get your heart pumping.

This week, why not start with just 10 minutes? Take a 10-minute walk around the block every day during your lunch break or after dinner. Or choose another time that works for you. Then continue to add one lap each week until you're walking briskly for 30 minutes.

3. Drop a Few Pounds. Being overweight raises your bad cholesterol. At the same time, it lowers your good cholesterol. But eating smart and staying active will help you lose weight—and dropping just a few pounds can raise your HDL. Maintaining a healthy weight will help you keep your cholesterol in balance.

4. Quit Smoking. It's no surprise that smoking lowers your good cholesterol. If you smoke, quitting can help your HDL jump as much as 10 percent. Nicotine replacement therapy (NRT) can help. Options include the nicotine patch, gum, lozenge, inhaler or nasal spray. Prescription medicines are another option. Talk with your health care provider about which options are best for you. And visit SmokeFree.gov to learn more about how to quit.

5. Consider Cholesterol Medicines. Ask your doctor if medicines such as statins, fibrates and niacin can help you lower LDL while raising HDL levels.

To learn more about how managing cholesterol can lower your risk for type 2 diabetes and heart disease, call the American Diabetes Association at (800)-DIABETES (800-342-2383), or e-mail AskADA@diabetes.org. (Courtesy of ARAcontent)

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Exercising regularly and maintaining a healthy weight can significantly reduce your risks for chronic illness and your medical bills.

Exercise is good for your health and your wallet, evidence shows

(ARA) — Budget-minded families are looking to cut expenses that seem like a luxury, or even just frivolous — including gym memberships. Yet mounting evidence suggests that cutting out the gym may be exactly the wrong move for even the most cash-strapped family.

In its just-released report of annual health spending figures, published in the journal *Health Affairs*, the federal government confirmed that chronic illness accounts for 75 percent of all health spending. Yet exercising regularly and maintaining a healthy weight can significantly reduce your risks for chronic illness and your medical bills.

"To put that in financial terms, for every dollar you spend on wellness, you can save as much as five dollars or more on illness," says Dr. Richard Kreider, director of the exercise and sport nutrition laboratory at Texas A&M University. He has studied the effectiveness of the Curves women's fitness program for the past five years.

"The women in our studies have been able to lose weight, gain muscle strength, raise metabolism, and make significant medical improvements in blood pressure, resting heart rate and aerobic fitness," Kreider says. "Many of them no longer suffer from the chronic conditions that cost them so much money for medications and doctor visits."

This can add up to a bundle of savings. The *Health Affairs* report shows that the average annual out-of-pocket expense for someone with cancer is \$8,411, but the good news is that regular exercise can help you avoid the disease and the costs associated with it. A major report by the American Institute for Cancer Research published in 2007 found that obesity plays a key role in increasing the risk for many cancers — including

breast cancer — by as much as 60 percent. And a study just published in the journal *Cancer* found that obesity increased women's risk for ovarian cancer by a whopping 80 percent.

The benefits go beyond reducing the risk of cancer. A recent landmark study by Blue Cross Blue Shield of Minnesota found that people who went to the gym at least eight times a month had significantly lower health care costs than those who did not. These frequent gym attendees had:

- 39 percent fewer emergency room visits.
- 41 percent fewer hospital admissions.
- 18 percent lower overall claims costs.

The research, then, is clear. "Exercising regularly and maintaining a healthy weight can save not only your life, but your

money as well," says Kreider. "Your health is your most precious asset, and not taking care of it is going to cost you more in the long run."

So how can you get to the gym without breaking the bank? Many clubs are offering great deals on memberships because of the economy. Also, check with your health insurance provider to see if they have a wellness program that offers rebates on dues and membership fees. Some fitness centers, like Curves, have partnered with major health insurance and third-party providers, including Healthways, SilverSneakers, AARP and Blue Cross Blue Shield, to make the cost of membership even more affordable. To learn more, visit www.curves.com.

(Courtesy of ARAcontent)

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Make the most important investment this year – invest in your health

(ARA) – Obesity is a mounting health problem locally and worldwide. More than one billion adults globally are overweight, and at least 300 million are obese, according to the World Health Organization.

Obesity not only takes a toll on personal health, it can inflict a huge monetary cost on individuals as well as the economy in general:

- When compared with their healthy-weight counterparts, health care spending among the obese is 37 percent higher, reports *The Policy Journal of the Health Spheres*.
- The rise in obesity contributed to the increase in spending related to diseases

such as heart disease and diabetes, according to the U.S. Department of Health and Human Services.

Fortunately, a sustained 10 percent weight loss may reduce an overweight person's lifetime medical costs by \$2,200 to \$5,300 by lowering costs related to hypertension and high cholesterol, among many other related illnesses. Additionally, sustaining a 5 to 10 percent weight loss over six months or longer has been shown to improve health by helping to:

- Lower the risk of heart disease.
- Reduce the risk of type 2 diabetes.

- Reduce the risk of some kinds of cancer.

- Reduce the strain on joints.

So if weight loss is your resolution this year, or you want to make an important investment in your health, consider an approach that is not just designed to take weight off, but to help you change your behavior.

Your weight loss plans can absolutely stay on track in 2009, but it's important to choose a weight-loss plan that truly teaches you how to make healthy, sustainable changes.

Here are "Weight Watchers 10 Tips for a Healthy 2009":

- Look for low-calorie substitutions that don't sacrifice taste. For example, switching from mayo to mustard can add to big calorie savings over time.
- Losing weight with a friend or group of friends really helps with weight-loss success.
- Ounce for ounce, the nutrition in fruits and vegetables

can't be beat. To get the best blend of nutrients, include as many colors as possible.

- Put a napkin over your plate as soon as you're satisfied – it's like turning off a light switch.

- Purge unhealthy food from your pantry, freezer and fridge.

- Make physical activity as convenient as possible. Keep your sneakers and jacket ready and nearby for short, frequent walks.

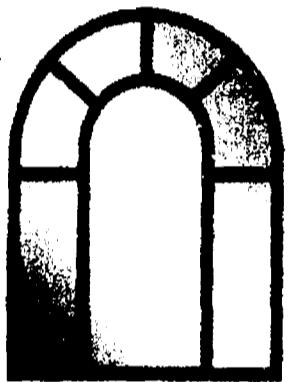
- Try creating a new favorite dish. Visit www.weightwatchers.com for delicious recipe ideas.

- Wear something you feel fabulous in – a compliment goes a long way in sustaining motivation.

- Set new goals to keep yourself motivated. Goals do not have to be weight related.

- Know what you're doing. Write down what you're eating each and every day to keep you on target.

(Courtesy of ARAcontent)



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Ounce for ounce, the nutrition in fruits and vegetables can't be beat. To get the best blend of nutrients, include as many colors as possible.

Live longer and love every minute

(ARA) — Today, Americans are living longer than ever before, enjoying more time for travel, family and hobbies. For today's seniors and baby boomers looking to stay healthy and independent for years to come, practicing easy, proven healthy-living strategies can make a difference in their health and wallets. During these difficult economic times, just a little preventive health care can pay off and save money in the long run.

"You can take steps to prevent premature aging and to stay healthy as you get older," says American Medical Association (AMA) President-elect Dr. J. James Rohack. "Healthy living and regular check-ups can help older patients focus on enjoying their lives instead of worrying about their health."

The cost of making unhealthy lifestyle choices is staggering — both in terms of financial and human consequences. About 20 percent of those 65 and older who use Medicare for health coverage and have five or more chronic conditions, like diabetes and heart disease, see about 14 different physicians each year. Many of the associated costs can be reduced through preventive health care, early detection and treatment to avoid future complications and disability. Maintaining a healthy weight, getting regular exercise, and avoiding tobacco use and risky drinking makes a huge difference in overall health and greatly reduces the risk for chronic conditions.

"It is never too late to start working toward a healthy lifestyle," says Dr. Rohack. "Research shows that a healthy lifestyle can substantially reduce the risk of heart attacks and stroke, as well as delay or stop the onset of type 2 diabetes. Quitting smoking at any age can improve circulation and lung function and greatly reduce cancer risks."

Eating Right

Choosing the right foods is a major component of a healthy lifestyle. Healthy eating can help prevent and control many diseases, such as high blood pressure, heart disease and diabetes, and improve your energy level. Many people think that this means going on a diet, but by making small changes over time, you can incorporate healthy habits into your normal routine. Aim to eat at least two cup-size portions each of fruit and vegetables daily, mostly whole grains, fish and other lean protein to get needed vitamins, minerals and essential fatty acids. Aim to eat smaller portions of foods high in sodium, sugar and saturated fat. Importantly, adults over 65 should incorporate added calcium and vitamin D to reduce the risk of osteoporosis.

Exercising Body and Brain

Regular exercise can help prevent or delay type 2 diabetes, heart disease, some cancers and help relieve arthritis pain, anxiety and depression. It isn't necessary to have a gym membership to get enough physical



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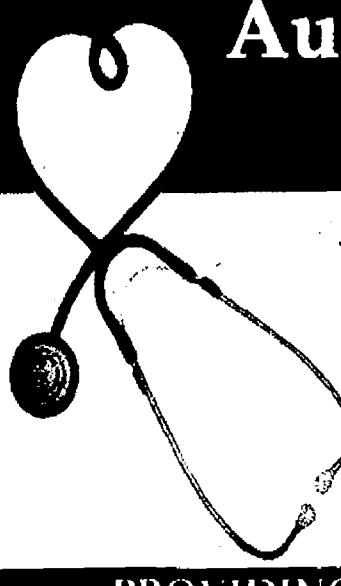
activity. For exercise, take a walk or ride a bike around the neighborhood. Swimming is also great exercise and easier on older patients' joints. Gardening and playing with kids are also fun ways to be active. Muscle strengthening activities can also greatly benefit older adults to build muscle and strengthen bones. If you are over 50, check with your doctor before starting an exercise program.

Mental activity is just as important as physical activity. Activities like reading, playing cards, and doing crossword puzzles can keep your brain alert and responsive for the things you do every day like grocery shopping, cooking and handling finances. Staying mentally active may also lower the chances of developing Alzheimer's disease and help offset normal age-related decline in thinking skills.

Health Check-ups

Healthy habits are important, but don't forget regular visits to the doctor for screenings and preventive care to help avoid chronic disorders in vision, hearing, bone density, cancer and obesity. Half of all American adults in 2005 did not receive recommended preventive care, including vaccinations, cancer screenings and blood-pressure checks. By getting a regular physical exam, a physician can catch health problems early on.

(Courtesy of ARAcontent)



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Take care of your ticker

(ARA) — Cardiovascular disease remains the No. 1 cause of death for both men and women in the United States. While heart-related illnesses are widespread, the good news is your lifestyle choices can have a significantly positive effect on your overall heart health.

"You can easily improve overall heart health with a few, simple lifestyle choices," says dietitian Keri Glassman. "One in four Americans does not get enough exercise to maintain a healthy lifestyle. With obesity on the rise, especially among children, routine daily exercise is a great place to start. When combined with a healthier diet, particularly one with reduced sodium, you'll lower the risks of heart disease, stroke, diabetes and hypertension."

True, there are factors that you don't have control over when it comes to heart health, including age, race, gender and family history. However, by monitoring controllable risk factors such as weight, diet and exercise, you can proactively take the necessary steps to limit the threats and improve your overall well-being.

Here are five easy tips to get your ticker in tip-top shape:

Heart smart staples

Stock up on whole grains, lean proteins rich in omega-3s, and a

colorful array of fruits and vegetables. Fruits and veggies are not only low in fat and calories, they are also a great source of vitamins, minerals and fiber.

Also, omega-3 fatty acids found in salmon, tuna, walnuts, soybeans, brussel sprouts and flax seeds, can help lower blood fats called triglycerides, which are harmful to your heart. A diet high in soluble fiber and low in saturated fats along with increased fruits and vegetables may help decrease cholesterol and blood pressure.

Shake the salt habit

Sodium is one of the biggest contributors to heart disease and hypertension; and, as a general rule, you should not exceed 2,400 milligrams of sodium per day. Buyer beware: high amounts of sodium lurk in many of the everyday foods you love, including soups, breads and even beverages. Help stay within your daily sodium recommendation and opt for the low salt or reduced sodium options of your favorite foods, when available.

Your heart will gleam with lycopene

Tomatoes contain lycopene, a leading ingredient in reducing your risk of cardiovascular disease. Studies indicate that canned tomato products may be even better than their fresh coun-

terparts, so go ahead and use that can of spaghetti sauce. In fact, research finds that lycopene in tomatoes can be absorbed more efficiently by the body once processed into juice, sauce, paste and ketchup.

Get moving

Statistics show that 1.3 million people will have a new or recurrent heart attack in 2009 according to the American Heart Association, and one major contributor is a lack of daily exercise. Tired of your old routine or going to the gym? Sign up for a fun salsa, ballroom or meringue dance class at a local community center. You'll get your blood moving, heart pumping and have fun with friends and others while you're doing it.

Snuff out the smoke

Quitting smoking is an important and necessary life change to dramatically lowering your risk of a heart attack. Smokers have more than twice the risk of suffering a heart attack as non-smokers and are more likely to die from a heart-related illness.

For more heart-healthy tips visit the American Heart Association at www.heartcheckmark.org.

(Courtesy of ARAcontent)

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Bridge - 1pm
Hearing Clinic - 3pm - 1st Mon

Wednesdays

Line Dancing - 10am - Weekly
Pool League - 1pm - Weekly
Caregiver Group - 2pm - 3rd Wed
Cardo - 5:30pm - 1st Wed
Rummage Sale - 11:30am-6pm
Birthday Dinner - 5pm
2nd Wednesday
Price Is Right Game Show
3rd Wednesday @ 5:30pm
Medicine Shoppe Bingo
4th Wednesday @ 5:30pm

Tuesdays

Tone & Tubes - 10am
Bible Study - 10am
Euchre - 12:30pm
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